

ls

!"

4

ny skin!  
ke out  
e way!  
ecently  
Amer-  
leading  
asked  
advise.  
advised  
han all

myself  
e, medica-  
at might  
nose hun-  
ey made  
d with a  
leading  
all defi-  
rior mild-  
o that of

o% PURE  
OATS



# A JOURNAL FOR NURSES

JANUARY 1943

# Take A Tip . . . .



Perhaps you've never heard that over 50% of the total all-glass syringe breakage occurs at the tip. Yet it's a fact—and it's one good reason why so many doctors and nurses are insisting on Luer-Lok Syringes with metal, locking\* tips.

By eliminating 50% of syringe breakage, they avoid half of their usual replacement costs.

If Luer-Lok Syringes cost twice as much as good all-glass syringes you might still buy them for the extra feature of needle security. Yet they are the same price as Yale all-glass syringes which means a clear saving of 50%.

If you have used Luer-Lok Syringes, you doubtless appreciate their convenience and economy. If not, a short trial will prove it to your satisfaction.

*\*B-D Needles lock-on with a half turn.*

**B-D PRODUCTS**

*Made for the Profession*

**BECTON, DICKINSON & CO., RUTHERFORD, N. J.**

---

# IN *this* ISSUE

January 1943

Vol. 6, No. 4

Debits and credits .....	2
Memo from the editor .....	13
Apathy in Argentina .....	14
So she's going to war! .....	19
H.R. 7633—New pay bill .....	22
Getting along with women in industry .....	24
Twelve golden industrial rules .....	26
Story of blood plasma .....	31
Unexpected guests (Poem) .....	32
Fatigue and efficiency .....	34
It's a small world! .....	36
Women who nurse: Olive Baldwin, R.N. ....	38
For Florence Nightingale (Poem) .....	40
Military nursing service .....	42
Wartime nutrition: Legumes .....	46
Positions available .....	93

Cover photograph by John Graham;  
Uniform, courtesy A.N.C., 2nd Service Command

Circulation over 100,000 registered nurses monthly. Editorial and business offices at Rutherford, N.J. DOROTHY SUTHERLAND, Managing Editor. JEAN DEWITT, Editorial Associate. Editorial Advisory Board: NAN T. CUMING, R.N., ELIZABETH DYOTT, R.N., FLORENCE E. NEWELL, R.N., ELIZABETH SENNEWALD, R.N., HILDA TORROP, R.N., and FRANCES M. TIERNEY, R.N.

Copyright 1943. Nightingale Press, Inc., Rutherford, N.J.

A JOURNAL **RN** FOR NURSES

# Debts AND CREDITS

## U.S.S. SOLACE

Dear Editor:

Hope someday I'll be able to write you about our adventures. All but two of the original group of nurses are still with me and we are all happy to be where needed. All I can say is we are still carrying on.

Best wishes for a Merry Christmas and a peaceful New Year from all the Solace nurses and myself.

Grace B. Lally, Lt. j.g.  
Chief Nurse, U.S.S. Solace  
Somewhere at sea

## MOOT ISSUES

Dear Editor:

The shortage of nurses today is a vital issue. Statistics show that for the next three months the Government needs 3,000 nurses per month for the Army, Navy, and other federal units. Also that we have 40,000 more hospital beds in the United States than we had in 1940. Drastic, isn't it? . . . May I suggest that those in authority do something and do it quickly? First, respect the graduate nurse as a human being by giving her working conditions on equal parity with industrial workers. . . Give her something to work for beside humanitarian glory and she'll return to the job. Get her a straight eight hour day, a sliding wage scale with time and a half for overtime. Limit her to four or five patients; stop charging her board as part of her salary. . .

Unions are not the answer to the nurses' problems since it is not possible for a profession to relegate its specialized problems to non-members as is the case with most organized labor unions. Nurses will continue to fight for the recognition and working conditions that other classes enjoy, if their suggestions would only be acted upon by someone who can do something for them. There is no response to their plea for help, so they rectify their situation in the only way they can. They

leave the profession and turn to defense jobs as a means of maintaining job parity and wage increase. Consequently, they sabotage their profession at a crucial time like this. It is the only solution for the nurse, but not for the profession. . .

Hospital rates have been raised in accordance with the higher cost of operating. Why can't the R.N. enjoy some of the fruits of this increase?

If these things were accomplished for the nurse, those now in defense jobs would be glad to return to their profession; hundreds that are inactive and married, and those who from overwork lost their health and refused to return to general duty, would also come back.

Solving the general duty problem would help the private duty nurse, too. As it now stands, the patient is frequently told he can't have a private nurse when one is actually available. In this way the hospitals hope to force the private nurse into general duty. Force is a poor application of strategy.

So it all reverts to one vicious circle. Make the job appealing, advertise the fact, and the shortage will remedy itself.

R.N., San Pedro, Calif.

Dear Editor:

I'd like to send "Mess of pottage" [R.N., September] to every preacher in the country as an up-to-date illustration for his sermon. Amy certainly was a "luxury" nurse, the kind that few can afford.

Also in the September issue [D & C] was a letter from an R.N. in Detroit which I should like to answer. We can't sit back and be conscientious objectors in the stress and strain of life today.

We have got to be adaptable and meet situations as we find them. Most of us are doing this as the least we can do toward our part in defending liberty. Our friend from Detroit will be out of the ring, for she will not discover any hospitals today where demands are reasonable. We all go at a hell-pell-mell gait

# ROAD TO RECOVERY

Weakened by the effects of debilitating disease, the patient's nutritive needs should be supplied with least possible tax on the digestive apparatus.



## HORLICK'S FORTIFIED

is, therefore, particularly adapted to this clinical need because it combines well-balanced nutrition in an easily digested liquid form.

Horlick's Fortified is rich in the following nutritive factors:

**PROTEIN** — including the biologically complete proteins of milk.

**CARBOHYDRATES** — in soluble forms, as Dextrin, Maltose and Lactose.

**FAT**—in easily digestible form of milk fat.

**MINERALS**—with milk, rich in calcium and phosphorus.

**VITAMINS**—a recognized adult daily minimum requirement of A, B<sub>1</sub>, D and 50% of G.

*Recommend*  
**HORLICK'S**

The Complete Malted Milk—Not Just a Malt Flavoring for Milk.

# HORLICK'S



## WE CORDIALLY INVITE YOU

To take advantage of the varied professional opportunities now existent, through our nationally known and well-established Bureau.

Our files disclose available positions for Hospital Administrators and Nursing Executives at attractive salaries and locations; openings for Anesthetists ranging to \$200 monthly; situations for Supervisors (Obstetrical, Operating Room, Pediatric, General) with excellent remuneration; and a heavy demand for Staff Nurses from Coast to Coast—at salaries to \$120 monthly. In addition we have a noted increase in calls for Industrial Nurses.

Write for application form today!

*Aznoe's  
Woodward*

SERVING  
SINCE  
1896

**AZNOE'S WOODWARD  
MEDICAL PERSONNEL BUREAU**

Ann Ridley Woodward, Director  
30 N. MICHIGAN AVENUE, SUITE 422-C  
CHICAGO, ILL., U.S.A.

## ON NIGHT DUTY?



# NODS let you SLEEP!

## DURING THE DAY

SHUT OUT those maddening daytime noises, with these dainty, comfortable, sanitary ear stopples of Latex and wax. NODS are already helping thousands of nurses to enjoy quiet, restful sleep. Send \$1 today for a box of 6 Nods—good for three months of sleeping comfort!



Dept. R-1

**Health Appliance Co.**  
16 Sunrise Highway, Baldwin, N. Y.

all day with more of a patient load than we can ably carry. For the most part, the patients are quite cooperative, although once in a while we get a crab who demands more than his share of service...

As general duty nurses, we are not underpaid. We receive from \$85 to \$90 a month with three meals a day that are wholesome. I hope we will always fare as well. Of course we are exhausted at the end of the day, but we shall have to do a little less gadding and more resting to keep our rear line of defense effective.

I'm sweet sixteen in reverse, but rejoice in the privilege of work. It is unfortunate that we have to have a war before older people may be allowed to work...

My pet peeve concerns nurses' shoes. I have seven pairs of white shoes that cost from \$5.00 to \$11.50 and none of them are fit for hard service. Composition soles burn the bottoms of the feet. We need leather soles of a good and durable quality, and leather, cuban heels with soft rubber lifts. I'd suggest broad toes with perforations, adequate linings, and seams that do not press on the joints. The tops of the shoes should be made of soft kid. With foot-gear like this, we could go on endlessly without getting tired.

R.N., Troy, N.Y.

## Dear Editor:

Readers of all magazines published for nurses see the urgent pleas for retired nurses to return to duty, thereby relieving young, active nurses for service with our armed forces...

There is now the greatest opportunity in the history of the world for nurses to live up to the lofty ideals for which the profession stands and to administer to humanity in accordance with our creed. Why are so many strong, physically fit nurses refusing to do their part? Have they no patriotic sense of duty? Have they forgotten their responsibility to humanity?

Our experience with those few who have returned has been disappointing. They talk a great deal about their sacrifices for patriotic motives, but the patriotism of which they boast seems to be only surface deep.

Many retired nurses have, in their ac-



BUY WAR BONDS AND STAMPS

## What a whale of a difference three months make!

That was Jim's favorite coat—when he hung it in the closet three months ago and went to work for Uncle Sam.

Now—like millions of other soldier sons and brothers—he's huskier and healthier than he's ever been before. Hard work did it. And regular hours. And good food.

No other army in the world is fed so well or so scientifically as ours. And no other serves so generous a measure of dairy products—milk, cheese, butter and ice cream.

The diet experts who work out Army menus include ice cream several times a week—or every day in hot weather—not just because men like it, but because it's a valuable food.

A single serving of average commercial vanilla ice cream (one-sixth quart) gives a moderately active 154-pound man these approximate percentages of his daily requirements of the following specific nutrients: Protein, 5½%; Calcium, 17%; Iron, 2¼%; Vitamin A, 7%; Vitamin B, 2%; Vitamin D, 3%; Vitamin G, 4%.

Even if vitamins don't mean much to you, you know that ice cream is good and good for

you because it's made from milk—man's most basic and best balanced food.

Ice cream made by National Dairy is kept pure and safe by National Dairy's *Sealtest quality control*. It is brought to you by modern methods of processing and packaging worked out by the National Dairy organization.

National Dairy laboratories are developing many new products from milk—benefiting farmers, manufacturers and customers—pointing the way to a finer, stronger America.

*Dedicated to the wider use and better understanding of milk as a human food . . . as a base for the development of new products and materials . . . as a source of health and enduring progress on the farm and in the towns and cities of America.*

**NATIONAL DAIRY  
PRODUCTS CORPORATION**  
AND AFFILIATED COMPANIES

Originators of the Sealtest System of Laboratory Protection

tive years, held positions of authority as supervisors and superintendents. Upon their return to duty they seem to forget that it takes time to get back into harness and that they can do so best by general duty nursing. Their attitude is one of resentfulness toward younger nurses who have risen to the superior positions formerly held by themselves. This lack of one hundred per cent cooperation creates dissension which cannot exist in any institution where the welfare of patients comes first. Until they conquer the false sense of demotion, the recalled nurses will be a hindrance rather than an aid to the cause for which they are so urgently needed.

Our soldiers could not win the war if enlisted men and officers, both regular and inactive men who have been recalled, did not work together and sacrifice personal pride. Our nurses will not do their part to win on the home front unless they are willing to make self sacrifices and pull together.

R.N., Warm Springs, Ga.

#### INDUSTRIAL EXCHANGE

Dear Editor:

Perhaps Miss Miller would like to hear about the industrial position I have held for the past twenty months and some of the activities of the New York Industrial Nursing Club. I was interested in her letter in the November issue of R.N.

We are doing war work, making instruments and detailed parts for ships, trucks, and planes. This company is a very old one and most of it is a regulation machine shop. In addition, we go in for statistical and office work, employing over sixty office workers, and quite a few

draughtsmen and engineers who design our many and varied products. We employ both women and men for factory work as well as the office. . .

Our industrial nursing club in New York City is very active, offering wonderfully helpful dinner meetings with lectures on various subjects and even motion pictures with sound tracks. A great many members work in department stores, newspapers, banks, and life insurance offices which present entirely different problems from a real factory. Personally, I have received my greatest help from nurses who are working in a plant similar to mine and who have problems in common. We always compare notes on procedures and practices and really get concrete information on just what we need. . .

The war has made such great inroads on nursing here that many of us have had to teach first aid and do other civilian defense work in addition to putting in long hours at the factories.

I work from eight A.M. to five-thirty P.M., with only a half-hour for lunch. A half-day on Saturday has recently been added to our schedules, which breaks my heart. I did love my long week-ends! Our important departments are working ten hours every day.

Ethel K. Collins, R.N.  
Brooklyn, N.Y.

#### PRIVATE LIVES

Dear Editor:

I heartily endorse Dr. Polatin's article, "A Room of One's Own." [R.N., November.] Segregation of nurses in "homes" is not only harmful to individual personalities but fosters the general attitude

### . . . To Help You Keep Up-to-Date -



LINDE OXYGEN U S P

● Linde maintains a library of reprints of up-to-date articles on the clinical and mechanical aspects of oxygen therapy. In addition, the Linde "Handbook" describes accepted practices for operating currently used types of oxygen therapy apparatus. Ask for a list of available literature.

#### THE LINDE AIR PRODUCTS COMPANY

Unit of Union Carbide and Carbon Corporation

30 East 42nd St.



New York, N. Y.

PRINT IN BINDING



## To save your time...

ANTISEPTIC skin care for babies helps prevent many skin rashes and irritations which require extra attention and cause extra work for nurses. Today, the majority of hospital nurseries use Mennen Antiseptic Oil. They have found that the routine use of this oil keeps to a minimum the incidence of impetigo, astular rashes, diaper rash, excoriated buttocks, chafing and dryness of skin. Mennen is the only widely-sold baby oil that is antiseptic, bactericidal, self-sterilizing and anodyne

(soothes smarting and itching, thus adds to baby's comfort and safety from scratching).

When mothers are ready to leave the hospital, tell them to continue the daily anointing of baby's body with Mennen Antiseptic Oil at home at least thru the first year. This will help keep the baby free of needless rashes—save the physician many avoidable calls. The oil should also be used on the buttocks after every diaper change, to help prevent diaper rash and excoriated buttocks.

# MENNEN ANTISEPTIC OIL

Pharmaceutical Division, The Mennen Company, Newark, N. J., San Francisco, Toronto

that nurses belong in a class apart and should not be compared to other working women in regard to hours, wages, and working conditions.

Nurses need to know more people outside the hospital walls and the public needs to know more nurses in their "off duty" hours.

Mrs. R. T. Cossaboom, R.N.  
Columbus, Ohio

Dear Editor:

I heartily agree with Dr. Polatin that nurses should live out if they so desire. For the past few years I have been fighting for this privilege and still dream that the idea may become a reality in the not too distant future. . .

Since the fall of 1934 I have been employed in a veterans' hospital and well appreciate the fact that there is a sacrifice of personal privacy when living in an institution. . . It is logical that nurses should rebel against the enforced segregation and dependency of hospital maintenance. Indeed they should have a relaxed, unfrustrated personal life and emancipation from a situation about which so many nurses protest. Certainly it is unfair to impose on the nursing profession conditions which are not generally applied in the community.

Mabel DeLong, R.N.  
Des Moines, Iowa

Dear Editor:

Never have I read a finer analysis of the nurses' private life than in Dr. Polatin's article. . . It should be read and discussed by every nurse and superintendent of nurses.

Our nurses' residence in student days seemed more like a home for wayward

girls. We were forbidden to share tennis courts with the interns after one young doctor brought in a girl from outside who smoked a cigarette. Evidently a nurse was thought to be the culprit. Nor could we take advantage of the gymnasium which stood idle except for one night a week when it was used by interns and male hospital employees.

Even as a graduate R.N. I was paid \$30 a month for general duty in this same hospital. The kitchen and dining room employees lived in another dormitory and received \$35 a month. . . Before going on duty the whole group would hear of the shortcomings of a few and be thoroughly called down. . . After a year of this regimentation I was actually appalled at the idea of going out on my own.

Many nursing problems will be minimized if the one in Dr. Polatin's article is given sincere attention and action.

R.N., Ventura, Calif.

● In "Debits and Credits" R.N. will continue to present *impartially* a cross-section of reader-opinion. Because mail to this department is unusually heavy, we cannot publish every letter we receive but must select those that are most interesting, provocative, or representative of group opinion. We are glad to withhold the name, *not* the locale of the writer, but we cannot publish letters we receive anonymously. Views expressed are those of contributors, not of the magazine.—THE EDITORS.

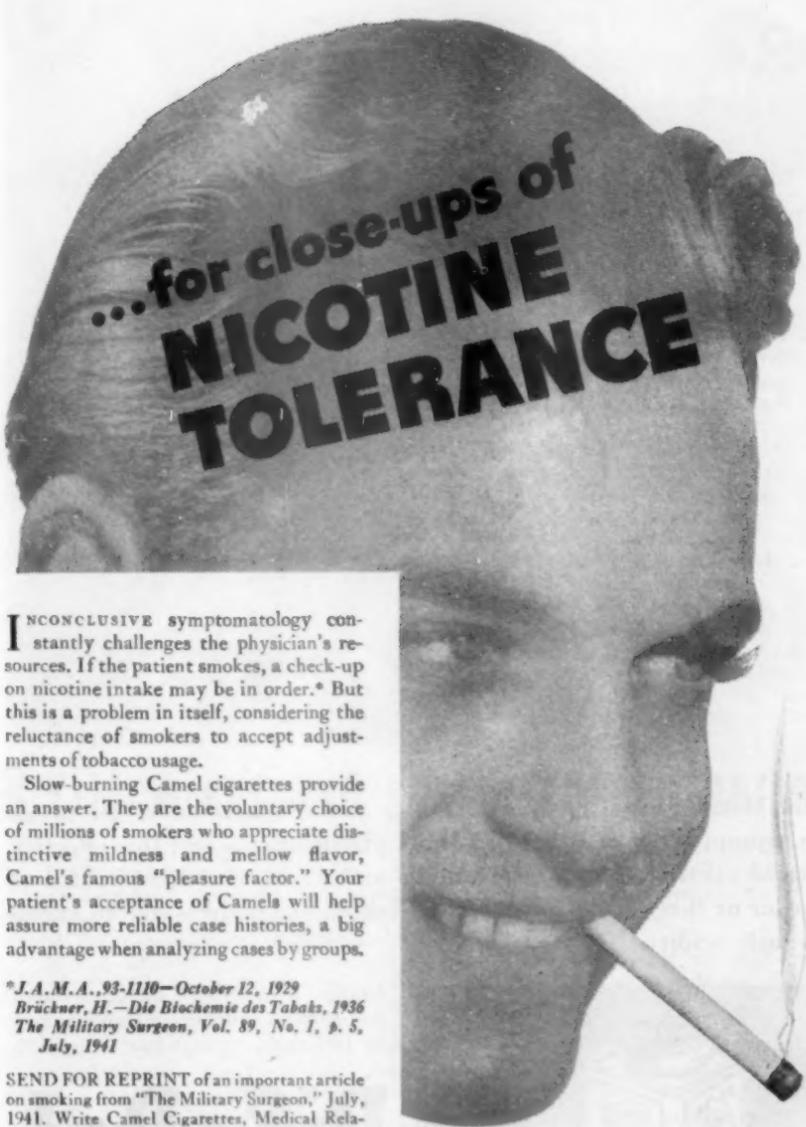


## SPECIALIZATION

### CLINICAL LABORATORY TECHNIQUE

holds greater opportunities for the capable Nurse Technician than ever before. It is the one field that is not over-crowded, and one in which professional ability is highly regarded and recognized. Our catalog will be of interest and we shall be pleased to mail it postpaid upon request. *Established 24 years.*

Northwest Institute of Medical Technology, Inc.  
3404 E. Lake Street Minneapolis, Minn.



...for close-ups of  
**NICOTINE  
TOLERANCE**

**I**NCONCLUSIVE symptomatology constantly challenges the physician's resources. If the patient smokes, a check-up on nicotine intake may be in order.\* But this is a problem in itself, considering the reluctance of smokers to accept adjustments of tobacco usage.

Slow-burning Camel cigarettes provide an answer. They are the voluntary choice of millions of smokers who appreciate distinctive mildness and mellow flavor, Camel's famous "pleasure factor." Your patient's acceptance of Camels will help assure more reliable case histories, a big advantage when analyzing cases by groups.

\*J.A.M.A., 93-1110—October 12, 1929

Brückner, H.—*Die Biochemie des Tabaks*, 1936  
*The Military Surgeon*, Vol. 89, No. 1, p. 5,  
July, 1941

SEND FOR REPRINT of an important article on smoking from "The Military Surgeon," July, 1941. Write Camel Cigarettes, Medical Relations Division, 1 Pershing Sq., New York City.

**CAMEL**

costlier tobaccos

JAN.—R.N.—1943  
PATIENT TYPE No. 1



Aunt Matilda often has the "headline jitters" these days. She needs the prompt relief of BiSoDoL. Many physicians suggest this effective antacid alkalizer as an adjuvant in such cases. One teaspoonful of powder or three BiSoDoL tablets helps relieve distress due to excess stomach acidity.



Copies of the above picture without advertising, suitable for framing, may be had upon request (size 8½ x 10).

**BiSoDoL**  
Reg. U. S. Pat. Off.  
**POWDER • MINTS**

The BiSoDoL Company  
New Haven, Conn.



There's a lot of  
comfort in a tube of  
**V-E-M**

Now, when it is so necessary for everyone to be most efficient in his daily work, the practice of nasal hygiene with V-E-M makes proper breathing easy and adds to one's comfort whatever his task may be.

V-E-M can always be recommended as a pleasant relief for the stuffy noses of simple head colds and for other annoying nasal conditions often caused by the dry air of heated homes and buildings, quick changes in temperature, inhaled dust, soot, fumes, pollen and air borne droplets in crowded places. V-E-M soothes and lubricates the accessible nasal membranes, depositing a partially protective film; it quickly clears the nasal passages of temporary congestion; it sweetens the exhalation of breath through the nose; it softens crusty accumulations; in short—

## V-E-M MAKES THE NOSE FEEL COMFORTABLE

Many benefit by snuffing V-E-M up their noses morning and night. It is pleasant and takes but a moment. The Patented Applicator, included in the regular consumer package, on sale at all drug stores, is handy for placing a measured amount of V-E-M high up in the nose. Save the applicators which last indefinitely. Others prefer to squeeze V-E-M from the tube onto the tip of the little

finger and snuff it up the nose. Once you try V-E-M, you will feel like recommending it. It has given comfort to a lot of people.

As long as possible we shall be glad to send you a generous Free Sample of V-E-M. Because of rubber conservation these samples will not include the applicator. Mail coupon today, or postcard request.

**PRACTICE NASAL HYGIENE WITH**

# V-E-M

Oil of eucalyptus  $6\frac{1}{4}$  gr.,  
menthol  $1\frac{1}{2}$  gr. in each  
av. ounce.

**Used by  
Physicians for  
27 Years**

Schoonmaker Laboratories, Inc.  
Dept. R. N., Caldwell, N. J.  
Please send Free Sample of V-E-M.

R.N.

MY HANDS WERE  
LIKE SANDPAPER...

THIS WORK  
MAKES MY HANDS  
SO DRY AND ROUGH;  
I HATE TO TOUCH  
A BABY!

OH, BUT USE  
PACQUINS HAND CREAM!  
IT WAS DEVELOPED  
ESPECIALLY FOR  
DOCTORS AND  
NURSES

BUT NOW—

PACQUINS  
HAS MADE MY  
HANDS SO SOFT AND  
SMOOTH! AND I CAN  
USE IT **ANY** TIME  
BECAUSE IT'S NEVER  
STICKY

## TO NURSES \_\_\_\_\_

smooth, soft hands are important professional equipment. So why not use a hand cream developed especially for your profession? Use Pacquins — *created* for hands in water 30 to 40 times a day. Exchange "sandpaper" hands for hands so soft and smooth, you can handle even a baby without qualms!

**PACQUINS**  
*Hand Cream*



Pacquins, Inc., 101 W. 31st St., New York, N.Y.

# MEMO FROM THE

## EDITOR...



● It may seem odd for us to talk about complacency to nurses when, of all women, you alone have already demonstrated your ability to serve, as well as real heroism in our first year of war. But at a time when nursing is receiving the plaudits of the entire nation it is wise to examine the mass conscience and thus avoid the tragedy of prematurely resting on one's laurels.

Consider these facts: Although some 17,000 R.N.'s are serving the Army, they are only a fraction of those eligible—and the Army needs 30,000 more for 1943. Older nurses, long inactive, have been going back into civilian service—but not in sufficient numbers to make up the deficiencies in hospital personnel. Nurses have joined the WAACS and the WAVES; some who belong in the A.N.C. are deliberately going after industrial jobs for which older women would be better qualified. There are over 300,000 R.N.'s able to practice, yet we are in the throes of a nursing shortage on all fronts.

Every nurse could add to this list from her own experience. And so long as the condition continues, the laurels won by those who have served are choked by the thistles grown by those who have failed.

Read what Francis D. Perkins, music critic of the N.Y. Herald Tribune, had to say recently in an article on complacency in his field. Since nursing is an art as well as a science, Mr. Perkins' arguments are particularly appropriate at this time.

"... Complacency is one of the principal causes of inertia and retrogression. There is the positive complacency of the [individual] or group who cannot see any reason why they should be open to criticism... There is the negative complacency of the organization which admits that it is not perfect, that it has obvious shortcomings, but that it is doing the best it can under the circumstances. It asks the critic to consider its difficulties and be reasonable. The danger here is that these difficulties may come to be regarded as something permanent and unalterable..."

"It is the duty of those who are part of the [profession] to prove themselves worthy of the public's support, and of the critic to remind them from time to time of points in which, in his opinion, they fail to do this... By urging the apparently impossible he may goad the organization to reconsider apparently insurmountable difficulties and, if not reaching the goal, to make some positive advance..."

☆

We urge you to consider thoughtfully your own attitude and that of your nurse associates. Become self-appointed critics; satisfy yourselves that your personal contribution to the war is one to inspire pride. There is no other way to earn your share of the Victory, when it comes.

# Apathy in Argentina

☆ Few better authorities on science, international relations, or the Argentine could be found than the author of this article. Only thirty years old, she brings to her subject an experience with all three rare in a person twice her age; part of it, an inheritance. Her father is a famous Buenos Aires' scientist; her Spanish husband's drug firm produces the United Nations' entire supply of ergot; her niece prefers the vocation of research chemist to her duties as Princess of Morocco. On the better-relations side of the family, she can boast a cousin—Carlos Saavedra Lamas—who while serving as Secretary of Foreign Relations to Argentina's late, pro-American President Ortiz, won the only Nobel Prize ever to go to Latin America for terminating the bitter Chaco War between Bolivia and Paraguay. Her own first eighteen years were passed in Argentina, where Njinska's predictions of a bright future for her in ballet threatened to turn her off well-worn family paths. But what she terms a "fortunate fall" shattered her legs and dreams of a dancing career and set her studying international relations in ten Latin-American republics, Europe, and the Orient. Three years in Germany gave her an eyewitness view of the rise of Hitler and a lasting hatred of totalitarianism. Marriage took her to Spain, where she gained a reputation as a poet and portrait-painter and a commission from the Spanish Republic to iron out its cultural relations with Portugal. Her international-mindedness got her into trouble with Franco and she recently returned to Latin America to promote the cause of better-relations-among-nations in a hemisphere where such things are still possible.—THE EDITORS

● Argentina is proud of its three subways, broad boulevards, and reputation for being the most modern state in South America. Against these proofs of progress can be cited a nursing system that stands out like a sore thumb. Argentina's more-than-a-million square miles contain not a single resident nursing-school. A rural population of eleven million is served by 1,400 nurses—1,000 of them with dubious qualifications. And although many Argentinians are convinced their country will eventually be forced into the war, complacent government officials refuse to recognize the need for a nursing program adapted to hemisphere defense.

Why this indifference to nursing preparedness on the part of Uncle Sam's richest and potentially most powerful southern neighbor?

Not so much sympathy for the Axis, as has been claimed, though this plays its part. Argentina has not been at war for 100 years. A century of peace and prosperity have lulled the people into a lethargy similar to that which pervaded pre-invasion Holland and Norway. This feeling is reinforced by Argentina's geographical "isolation" at the tip of the Americas. War-nursing has never been a problem in Argentina; it is difficult to convince the peaceable populace that it may be one in the near future.

A secondary cause is national prejudice—a throwback to *conquistador* ancestors—against the "working-girl." For an Argentinian young lady to crave a career is sufficient to stamp her eccentric. For that career to be anything as "menacing" to feminine morals as nurs-

BY CHITA LAMAS DE ISLA-COUTO



ing may be grounds for locking the family door against her. In the face of such pressure, it is not surprising that the majority of Argentina's nurses is poor in education, pay, and prestige.

Finally, nursing as a profession is still a novelty in Argentina. Before the last war, it scarcely existed. Almost anyone willing to put up with nursing's hardships could enter practice. Most of those who did so were foreigners, whose abilities were not inspected too rigidly, or humanitarian-minded nuns. That the proportion of charlatans was not overly high is attributable to the absence of financial inducements.

Modern nursing in the Argentine really began in 1920, when the Red Cross founded the courses that have become standard preparation for the country's ladies-in-white. These courses are available to high school graduates between the ages of sixteen and thirty-five. They call for three years of study. But vacations are long in Latin America, and the school "year" runs only from April to November. The first two years consist of purely didactic training. The student attends lectures in hygiene, anatomy and physiology, pediatrics, nutrition and diet, first-aid, and contagious diseases. Her final year includes specialized instruction in obstetrics, psychiatry and EENT work, as well as five months of hospital experience, divided between general and surgical duty. Written examinations are given annually. Before being admitted to

practice, the candidate must pass a stiff oral quiz covering the entire three-year period.

Alumnae remain subject to strict control by the Argentine Red Cross, which occupies a position relatively more important than its American equivalent. It enjoys what amounts to a monopoly on nursing education, although lately it has a competitor in Buenos Aires' new municipal nursing-school. It pos-

Ewing Galloway



*Because she owns a Red Cross diploma, this Argentine nurse may have access to best jobs in the country.*

sesses authority to grant or deny registration rights. Its *Asociacion de Enfermeras* is the agency to which most graduates must turn for employment. A Red Cross diploma is the nurse's ticket of admission to the staffs of a growing number of hospitals; a letter of recommendation from Red Cross directors, practically a "must" for professional job hunters. All in all, the *Cruz Roja* is probably the most powerful body in Argentine nursing. Even the government's *Departamento Nacional de Higiene*—the closest Argentina comes to a Public Health Service—is content with a lone representative on the Red Cross managing board.

With all its influence, the Red Cross has been unable to prevent chinks from developing in Argentina's nursing armor. The most serious is numerical weakness. As early as 1926, this defect furnished a theme for international nursing discussions. It so alarmed the second Pan-American Red Cross Conference, held that year in Washington, that the Conference advised Argentina

to bolster its tissue-thin nursing ranks with "amateurs," if necessary. The local Red Cross chapter obediently opened the first year of its classes to women who supposedly had no professional interest in nursing. Those who volunteered for this elementary training were rewarded with the title of *Samaritana*—Samaritan. They were allowed to render assistance in emergencies—without pay. If they later decided to make nursing a career, they had the privilege of graduating as full-fledged R.N.'s at the end of two additional years of study.

Behind this innovation was a two-fold theory: Better-type girls would be drawn into nursing. A reserve—capable at least of attending its own families—would be gradually stored up against a contingency.

How has this worked out?

Women from Buenos Aires' best families have flocked to these courses. But instead of retiring to their hearthstones, they have utilized their limited knowledge as a stepping-stone to the top positions in health education and social work. Few opportunities have been left for the professional nurse. Barred from fields for which she is best-qualified, the latter is condemned to pass her professional life in private or hospital practice. Argentine nursing has thus become a profession without a future—and consequently has a hard time attracting recruits.

Statistics show how acute is its shortage of womanpower. Buenos Aires, a city of 2,500,000, can command a total of 1,650 Red Cross nurses. Outside the capital, a scant 400 more are scattered through a territory approximately a third the size of the United States. Any crisis would undoubtedly demand assignment of these nurses—virtually the

*To Argentina's health clinic come Indian mothers and their children for periodic check-ups.*



*In clinic laboratory nurse-technician takes preliminary blood test of boy patient.*

sole well-trained group in the republic—to military service. Civilian needs would have to be handled by the remaining 2,000 “nurses”—many of whom hardly merit the name—3,500 Samaritans, and an unknown quantity of nuns. No wonder thoughtful Argentinians shudder when they contemplate what might follow—to take an example recently discussed in the press—a bombing of the River Plata.

The government of President Ramon S. Castillo prefers not to think of such unpleasant possibilities. To prevent anybody else from doing so, it has proclaimed a “state of siege,” under which it may—and does—suppress publications and persons that insist upon a more realistic attitude. The Presidential position is that Argentina has declared its neutrality; this is all that is necessary to protect the country against aggression.

Nevertheless, the Castillo “neutrality,” its opponents point out, at times takes strange courses. It ignores the proposal of medical men to ready the nation’s medical and nursing resources under the direction of a Federal Ministry of Public Welfare. It professes itself satisfied with a National Department of Hygiene whose members confess they are not especially interested in educating nurses. It shuns suggestions for a wartime nursing set-up—apparently out of fear of offending the totalitarian powers, with which it is admittedly anxious to be on good terms.

On the positive side, the Administration’s record is considered worse. While its officials siesta over propositions to

*Malaria, most common disease among Indian population, brings infants into clinic for frequent treatment.*



Black Star

put Argentina’s own nursing defenses in order, they have given the German colony a tacit go-ahead signal in this respect. The Nazis have seized the opportunity to build a highly-efficient medical and nursing corps—complete to hospitals—within Argentina. Sympathetic functionaries went so far as to lend them Argentine Red Cross facilities to prepare German girls for action with the Nazi war-machine! Should Argentina ever be attacked, it stands an excellent chance not only of being caught with its nursing defenses down



Black Star

but of encountering Argentine-trained nurses among the invaders!

Nor are the native medical and nursing professions without Fifth Columns: men and women who look exclusively to Berlin for scientific inspiration. The greater part are propaganda-victims of Goebbels' Transocean News Service, which specializes in recounting alleged Nazi medical miracles. Boasting an Argentine coverage double that of the Associated Press, Transocean donates its dispatches to any newspaper that will print them—and in Argentina, many do. One of the most influential dailies, *El Pampero*, prints nothing else—unless you count news from Italian agencies. The Nazis supplement their press campaign with the cultivation of friendships among Argentina's professional class, which they rightfully regard as a potent force in forming public opinion. They have passed out so many invitations to study in Germany that the majority of Argentina's doctors are now German-trained! Nursing, on the other hand, has received slight attention from Nazis. Perhaps the latter figure that, with the medical profession on their side, professional and economic pressure will push nurses into line.

By way of contrast, few Argentine physicians or nurses have even a reading acquaintance with American medicine. Fewer have been inside the United States. What they believe about northern colleagues is almost entirely derived from American movies—not always a reliable source. It is no coincidence, for instance, that Buenos Aires and Hollywood agree in typing the American nurse as an unprofessional man-hunter!

How can similar misconceptions be corrected—and Axis scientific influence counteracted? How can the expressed goal of the U.S. Subcommittee on Nursing—"to correlate defense-nursing in the United States with nursing services of Central and South America"—be made something more than wishful thinking?

Not, answer nurses on the South American scene, by airmailing American nursing leaders to tropical capitals. This method, known as the "good-will tour," has been extensively tried. Its chief beneficiaries, to quote a current Latin-American quip, are the "tourists." The good-will produced by such expeditions is microscopic; more often than not, they have had the opposite effect. Much of this can be blamed on unwisely-chosen delegates. Some have looked upon themselves as missionaries bringing light to darkest Latin America—an implication that has been deeply resented. Others have arrived without the slightest understanding of Latin America's language or psychology. To these unfavorable elements can be added a tendency of Latin Americans to interpret the most neighborly of these visits as the advance-guard of a "Yanqui economic invasion."

Possibly the "good-will tour" idea is as sound as its sponsors maintain. Judged on the basis of its actual achievements in Latin America, however, it cannot be described as a sensational success. Uncle Sam's best friends in Latin America share the conviction that nursing's Latin-American policy would scarcely suffer by its omission. Nor do they recommend large-scale attempts of American nurses to practice down Argentine way. All the last would accomplish, they feel, would be the stirring-up of organized opposition—particularly from the local profession.

Any good-will program aimed at Argentina will have to take into account the factor of "Argentine nationalism." Argentinians boast that theirs is the most nationalistic country in the world outside Japan—and not all concede the qualification. At any rate, there is no doubt that Argentina is very, very nationalistic. This characteristic can be, as some visiting Americans have called it, "the biggest obstacle in the path of Pan-Americanism." Or it can be, as the Nazis have demonstrated, a springboard to better [Continued on page 70]



SO SHE'S GOING

TO

WAR!



BY DOROTHY SUTHERLAND

• In the last three months R.N. has been busy visiting nurse friends recently assigned to active duty in Army hospitals, as members of the Army Nurse Corps. The girls were new arrivals at camp—and they had come in with the notion that any equipment other than Government issue was excess baggage and therefore taboo. Their awakening was, apparently, timed with our visits—the Post was invariably 35 miles or more from the nearest city. . . Would we please, please, when we got back to New York, send out some of the small things they needed so badly.

Talks with other Army nurses showed that the majority of nurses came to camp with (figuratively speaking) little more than the proverbial toothbrush, and needed a pretty thorough personal shopping job done for them to supplement G.I. equipment. So whether you're going to war, or whether some of your best friends are, we thought we'd better remind you that careful planning and buying before reporting for duty will save time and money. For it's costly and exasperating for a nurse to arrive at camp only to find she's hampered by the lack of enough personal equipment for comfort.

Here is a condensed list of the basic equipment which the Government issues:

Two-piece wool field uniform  
(with 4 cotton blouses)

Overcoat  
Field hat  
Blue duty cape  
Insignia (complete set; bars, caduceus, U.S.)  
6 white caps and uniforms  
6 seersucker dress uniforms  
Shoes; white, black  
Overshoes  
Sweater  
Muffler  
Wool gloves  
Fur-lined parka; mittens  
Leather gloves  
Sunglasses  
Foot powder  
Shoe impregnate  
Gas burn salve  
Bedding roll  
Gas mask  
Helmet  
Barracks bag

Most Army nurses find the one wool field uniform adequate. For summer wear, or in tropical climates, however, a two-piece light-weight cotton or crepe outfit is essential. Many of the girls also prefer the Army-authorized one-piece rayon crepe dress for indoor wear when not actively doing bedside nursing, and this—as well as the light-weight field uniform—must be purchased by the individual nurse. The chief nurse of any A.N.C. unit can give you the name of the nearest uniform house from which these outfits may be ordered.

Laundry services in many Army bases are a bit on the slow side. Thus, if you want to keep crisp and fresh looking—as the Army insists you must—you'll find that the four G.I. blouses

must be supplemented by some you will buy yourself. These blouses are cotton, man-tailored, with the high, soft collar which takes a fore-in-hand tie without losing its shape. They are hard to find except in specialty shops and well-stocked department stores. You'll be smart to take along a few extras. And, if you want to make a hit with any of your Army nurse friends, send them a couple of blouses instead of some piece of chi-chi they won't be able to use.

Extra insignia—the gold bars, the A.N.C. caduceus, and the gold U.S.—are always needed and welcome. Utopia would be a set of insignia for each costume, as much time and patience is consumed changing insignia with each change of outfit. If you're going in the Army yourself, wait till you get there to purchase these; you'll save ten or fifteen cents on each item by buying it in the Post Exchange. Those of you who are not going in the service, however, will find these pieces in any store where Army and Navy equipment is sold. A nice gift for the girl who is going away to war is a set of gold-plated bars, small size, which sell for about \$1.50. Standard ones (which tarnish) are about fifty cents.

R.N. talked to scores of Army nurses up and down the Eastern seaboard and in the midwest. We recorded their needs and added to them a composite list of recommended equipment posted on the bulletin boards of the nurses' quarters at several Army Posts. The list appears at the end of this article, but a few of the items warrant some special discussion.

While in camp, Army nurses live in a comfortable but rugged atmosphere. Barracks, or quarters (in which the girls have private or double rooms), usually contain open closets—making clothes-bags indispensable for keeping uniforms free from dust and moisture. Each nurse is assigned a barracks bag and bed roll and packs some of her equipment in these whenever ordered

to move. She may also carry one suitcase and one small (preferably metal) trunk. Nurses have found that kits for miscellaneous loose equipment and boxes for buttons, pins, and insignia are space-savers and make for neater packing. Coat and skirt hangers help keep uniforms trim and save infinite pressing-time. You may not worry too much about these niceties on the desert of Africa or in the jungles of New Caledonia. But remember, you'll have several months at home at a training camp before your unit is assigned to overseas duty. During that time you'll have the traditional good-grooming of the Army Nurse Corps to uphold.

Most Army nurses wear hair nets on and off duty. They prefer the fine, single-mesh fringe net to the cap-shaped variety which, they say, flattens the hair down unnaturally. Hairpins and bobby pins, of course, are priceless and should be taken in large quantities, if possible, for the chances of replacing them overseas are practically non-existent. Buy white hat pins for duty caps, black for field caps.

Two fountain pens—one for reserve—are better to take along than one. Reports, orders, letters back home call for ink, and every Army nurse wants to be sure of an adequate supply. Some of the ink companies make unbreakable, leak-proof ink bottles which hold about 2 oz. of ink, sell for less than a dollar, and are perfect for traveling. A few tablets of marking ink, for labeling packages, parcels, and personal goods, are handy to have. Most nurses, however, prefer woven names for identifying uniforms and other clothing.

This is a small but important item—buttons; very small pearl buttons to replace those on blouses, larger white ones for duty uniforms. In fact, a practical gift might be made up by enlisting the help of the notions department of your favorite department store. Find a box, preferably with a cover, which is divided into several compartments. Fill

each  
—bu  
pack  
whit  
and  
of b  
and  
clear  
shoe  
toget  
lars—  
man  
Fi  
send  
“N  
boar  
prefe  
qual  
and  
vest  
tin  
cloth  
crick  
fore

NOT  
Dark  
Sewin  
Girdl  
Brass  
Roun  
Shoe  
Shoe  
Shoe  
Wash  
Bath  
Comm  
Comb  
Hair  
Hair  
Bobby  
Safet  
Hat  
Sanit  
Clean  
Diap  
Coat  
Moist  
Small  
Snug  
Wool  
Shower  
Sanit  
Twee  
Cont  
Hair

each compartment with odds and ends—buttons, snap or hook fasteners, packages of needles, a few spools of white and black linen thread, bobby and hair-pins in packages; add a tin of black shoe-polish, pairs of white and black shoe laces, a sponge for cleaning white shoes, and perhaps a shoe bag and cloth. All these essentials together will cost only around two dollars—and the box can be used to store many personal items afterward.

From Australia, one Army nurse sends along this advice:

"Nightgowns are a handicap on shipboard and in air raids; bring pajamas, preferably seersucker. Since inferior quality underwear splits in the tropics, and rayon is a favorite insect food, invest in practical garments. Bring square tin boxes with covers in which silk clothing can be kept from ants and crickets. Don't invest in a new billfold; foreign money won't fit in it."

Army nurses drill in slacksuits, need pullover sweaters as well as cardigans. A neutral color is acceptable, although the standard Army navy-blue is now being worn by the majority. These outfits are comfortable on shipboard and, as a matter of fact, are being worn by many nurses in foreign bases where the terrain is too rugged for official Army-nurse garb.

The important thing to remember is that the Army nurse may not be able to take all the comforts of home into the war with her—but, as an officer, she *can* take a few. Fond parents and friends will do her a good turn if they send her no elaborate gifts but instead select a few of the practical things she needs which Uncle Sam can't give her. For her own sake, she'll save a lot of grief if she stocks up with easily overlooked essentials before she finds herself completely remote from the stores where they can be bought.



## NOTIONS

Dark glasses  
Sewing materials  
Girdles  
Brassieres  
Round garters  
Shoe polish; white, black  
Shoe laces  
Shoe bag  
Wash cloths  
Bath towel (1)  
Common pins  
Comb and brush  
Hair nets  
Hairpins  
Bobby pins  
Safety pins  
Hat pins, black and white  
Sanitary napkins  
Cleansing tissues  
Diapers (1 doz. birdseye)  
Coat hangers, wire and wooden, 1 doz.  
Moisture-proof clothes bag with zipper  
Small clothes brush  
Snag-proof bag for stockings  
Wool bathing suit  
Shower cap and slippers  
Sanitary belts  
Tweezers  
Containers, soap; toothbrush  
Hair curlers

Nail brush, nail file  
Depilatory  
Deodorant  
Money belt  
Jewel box for insignia

## EQUIPMENT

Summer field uniforms  
Slacksuits  
Bathrobe, flannel; cotton  
Stockings  
Socks  
White underwear  
Rubber soled keds  
Insignia (extra)

## COSMETICS, DRUGS

Soap, hard water; salt water  
Cold cream  
Powder  
Rouge  
Toothpaste  
Shampoo  
Hot water bottle  
Talcum powder  
Foot lotion  
Corn pads  
Alcohol  
Thermometers (mouth) (2)  
Sunburn lotion  
Toothbrushes

Aspirin  
Soda mints  
Milk of magnesia tablets

## MISCELLANEOUS

Cigarette lighter and fluid  
Thumb tacks  
Steel wool  
Altar lights  
Small hammer  
Boy Scout combination knife  
Old-fashioned flat iron  
Old-fashioned coffee pot  
Games  
Song book (100 songs)  
Letter paper and envelopes  
Pencil sharpener  
Ink and leads  
Pen and pencil set  
Ash tray  
Handwork for trip  
Soap flakes  
Starch  
Spot cleaner  
Small ironing board  
Small clothesline and pins  
Woven name tags  
Thermos bottle and corks  
Alarm clock  
Silver chain for dog-tag  
Flashlight; batteries

## H.R. 7633—NEW PAY BILL

*"An Act to increase the pay and allowances of members of the Army Nurse Corps, and for other purposes. Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That hereafter, during the present war and for six months thereafter, the members of the Army Nurse Corps shall have relative rank and receive pay and money allowances for subsistence and rental of quarters and mileage and other travel allowances, as now or hereafter provided by law, for commissioned officers, without dependents, of the Regular Army in the sixth to the first pay periods, respectively. . ."*



• R.N. went to Washington to get the complete, accurate story on the Edmiston Bill, H.R. 7633, which gives Army nurses the full salary and allowances of Army officers of equal rank, without dependents, and brings the income level of the A.N.C. up to that of the WAACS. Section 1 of the Bill is quoted above. Section 2 does not apply to nurses but covers rank and salaries of dietitians and physical therapists. Section 7, added along with several other Senate amendments just before the bill went up for vote, provides similar salaries and allowances for members of the Navy Nurse Corps.

The Committee on Military Affairs of the House, having carefully considered the Bill, recommended its

speedy passage and paid this tribute to Army nurses:

"The Army Nurse Corps is an old, often tried but never found wanting, component of the Army, whose members are high-grade, professional women now serving with our Army on many far-flung fronts. Their courageous, untiring, unselfish service in face of the enemy on Bataan and Corregidor is typical of their past performance and an index to their ability to render like service in the future if necessary. In a little more than two years, in order to give proper nursing care to the sick and wounded, it has been necessary to increase the corps from 949 to 17,507 nurses as of October 31, 1942, and [to] further increase the strength to an authorized total of more than 32,000 [for 1943]." The Bill went to the Senate where it was amended. Approved by both Houses, it went to the President for signature December 15th, was signed December 26th.

Based on an anticipated strength of 20,479 nurses in the A.N.C. by December 31, 1942, the Committee estimated that the additional cost of this legislation for nurses' pay alone would approximate \$13,705,801 for one year. The Navy Department estimated that the cost for 1943, based on the average strength of the N.N.C., would be \$3,616,560.

The accompanying table shows how Army nurses of each of the six pay periods (ranks) will be paid under the new law. Comparable pay for Navy nurses may be calculated by lining up Navy grades from ensign to lieutenant commander opposite appropriate Army ranks.—D.S.

ARMY NURSE SALARIES, UNDER H.R. 7633

BASE PAY PER MONTH

PAY PERIOD	GRADE AND RANK	NO. YEARS SERVICE*	AMOUNT	RENTAL ALLOWANCE	SUBSISTENCE
1	Nurse (2nd Lieut.)	Under 3	\$150.00	\$45	\$21
		Over 12	\$180.00		
2	Chief Nurse (1st Lieut.)	Under 3	\$166.67	\$60	\$21
		Over 12	\$199.99		
3	Assist. Dir. (Captain)	Under 3	\$200.00	\$75	\$21
		Over 12	\$240.00		
4	Director (Major)	Under 3	\$250.00	\$90	\$21
		Over 12	\$300.00		
5	Assist. Super. (Lt. Colonel)	Under 3	\$291.67	\$105	\$21
		Over 12	\$350.00		
6	Superintendent (Colonel)	Under 3	\$333.33	\$105	\$21
		Over 12	\$400.00		

\*Between three and twelve years of service, salaries run proportionate to length of service. The figures shown are minimum and maximum for each grade.

## GETTING ALONG WITH

# Women in Industry

BY HILDA TORROP, R.N.

• More women are in industry today than at any time in our nation's history—some four million, in fact, as of December 1942. They have marched out of the home and the office, from the farm and the city, into the humming factories of defense industries, bringing with them the age-old problems of women and new ones born of the sudden dislocation of old ways of living. They are young, middle-aged, and older. The helplessness of the nurse inadequately prepared to give guidance on so many fronts—"ten women have grown to three hundred!"—presents at once a serious, dramatic, and challenging situation. It is happening everywhere. A thousand and one problems of adjustment suddenly become part of the job. This article is an attempt to give the nurse some practical points that may help her in meeting the situation.

As a first step, suppose you ask yourself a few frank questions. "How stable am I emotionally? Do certain things always annoy, repel, shock me? Do personal things outside the job influence my temper in dealing with people? Am I quick to see opportunities for guidance? Am I sensitive to situations? Am I inclined to be inflexible in my attitudes toward race, religion, or ways of doing things?"

Certain opportunities are obvious. The natural situation in which you give physical help, thus setting up a friend-

ly relationship, is ideal, for the need and the assistance are present at the same time. What could be more logical than that the worker would bring other types of problems to you—hoping to have the broken heart bound up as efficiently as the wounded thumb!

Special problems need special treatment. A few of the run-of-the-mill kind are home tensions, the difficulties of the "misunderstood" adolescent, the over-possessive parent, illness with its emotional and financial problems and the strains and stresses of living at the tempo of a world at war, the personality problems of those people who never have got on well with their fellow workers, the sudden increase in earnings and

*Safeguards for women in industry are hair - concealing caps, shields, respirators, and protective goggles.*



l treat-  
all kind  
of the  
e over-  
s emo-  
and the  
at the  
rsonal-  
o never  
work-  
gs and

constantly. The first is *friendliness* and friendliness actually has to be practiced. Has it been your habit to go more than half way in meeting people? It is possible to become so accustomed to having your ideas on professional matters accepted without question, that you have never realized how self-important you sound or how tired or overburdened you look. Make a thumbnail sketch of yourself and you may cease to wonder why people do not come to you a second time or receive your ideas with the enthusiasm you expect. And yet, remembering the happy balance [Continued on page 74]





Wide World



Globe

*Although properly clad in slacks, machinist should remove flap-pockets, hair-bow, and jewelry.*

## 12 GOLDEN

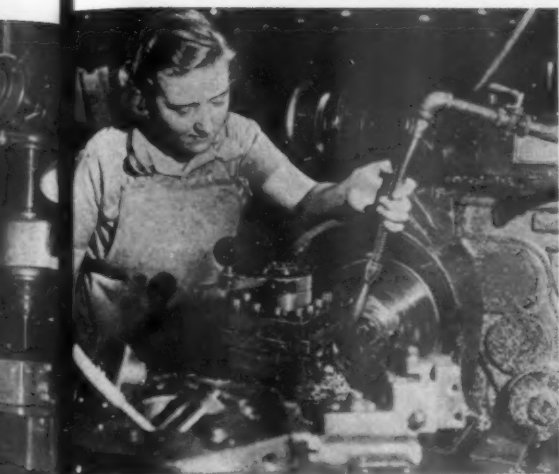
• All nurses in the industrial branch of the profession should remember these twelve golden rules concerning problems peculiar to women employed by industry:

1. On the average their height is less than that of men by several inches. Thus, distances from the floor to the work bench must be decreased to insure less backache and to encourage better posture.

2. Hands and feet are usually smaller than those of men and a woman's arm span is less. Safety-heads and machine guards must be set more closely so that fingers will not be mangled or amputated.

3. The muscles of the body, especially the feet and legs, have lower fatigue limits. They should never be allowed to reach the point where tiredness opens the door to an accident. Varicose veins should be protected from trauma by aluminum shin guards worn under the trouserette.

4. Women's manual strength is less than that of men. They should never be



Globe

*The blonde whose pompadour is about to be caught in whirling drill press should be garbed like operator in center. Girl at right should have more adequate hair-covering but wears good apron to protect skin and clothing from oil which may cause dermatitis.*

## INDUSTRIAL RULES

BY DONALD V. BAKER, M.D.\*

exposed to the lifting of heavy weights without adequate help by their fellow workers. All must be taught how to lift by bending at the knees rather than at the waist.

5. Women's skin is notoriously more sensitive; of a finer texture, and more open to contact dermatitis and irritations from industrial exposure. Protective skin creams should be used when industrial solvents and even bland dusts come in contact with hands or arms. The so-called winter eczema which follows cold weather and frequent hand washing, is best combatted, at the expense of the management, by a simple hand lotion—such as glycerine and rose water.

6. The hair of women is longer—a constant danger or hazard where machine parts are in operation. Nets must be worn while at work.

7. As far as production is concerned, physical appearance on any job is not of primary importance. Women must be made to sacrifice their esthetic desires and avoid the wearing of jewel-

ry or unsafe clothing. They possess sixteen hours in which to indulge ideas along that line every day.

8. At the present time women are not as adept as men at purely mechanical labor. They know less about protecting themselves from the perils of machines, and must be taught that a moving machine has no brains and is unable to tell the difference between their finger and the metal it was intended to shape or to cut.

9. After an accident in their department women may be more intensely excited than men. Another accident may be avoided if the individual reports immediately to the doctor or clinic. It is often necessary to send an injured woman to the clinic with some one-or-two girls acting as aides. Remember that these aides should be told to return promptly to their machines, thus reassur- [Continued on page 30]

\*Dr. Baker, who is medical director for Lever Bros., makers of Lux, Lifebuoy, and Swan soap and other products, in Cambridge, Mass., included these points during the lecture course of the New England Industrial Nurses' Association in November 1942.

# TRENDS IN Science

## JOINT APPROVAL FOR KENNY

● Dr. Vernon L. Hart, now a major in the U.S. Army and a man with an interest in bones and joints, was impressed by the Kenny method of treating polio. Why not, he reasoned, apply the same principles to treatment of various internal derangement injuries of the knee joint. Now, in *The Journal of the American Medical Association*, he reports the results of his trials, adds that any bone or joint injury could be presented to demonstrate the importance of the Kenny principles.

Major Hart's application of the Elizabeth Kenny treatment for infantile paralysis reduced the original period of disability, eliminated the use of all plaster splints and mechanical appliances, abated current disability, and greatly lessened the necessity for surgical correction of the knee joint disability as compared with other methods of treatment he had used. An unusually high percentage of normal knees resulted from this method of treatment and an extremely small number of patients suffered recurrence of disability.

*There are only two native diseases of Iceland and both can be easily prevented: scurvy and dysentery.*

## WAR MATERIEL

● Skin-graft knife: A new surgical aid is now being made five years after Dr. Edgar J. Poth, an American surgeon then returning from Arabia, drew the first sketches of it while traveling on a Japanese ship! The new skin-graft knife possesses two vital advantages—simplicity and razor keenness. Safety-razor blades, easily procurable in rural areas and easily carried to fighting fields, supply the cutting edge. Four blades fit into

a holder which floats between the guides of the knife frame; a screw sets the depth of skin to be cut. Needles and retractors stretch the skin taut, and large grafts of uniform thickness can be cut to pattern with little bleeding. Thus, this surgery is made a more mechanical operation easily learned. Dr. Poth, of the Department of Surgery, University of Texas Medical School, perfected the knife at Stanford University and later at Johns Hopkins.

New bandage: Dr. Kenneth L. Pickrell of the Department of Surgery at the Johns Hopkins Medical School has developed a paper-thin, translucent, pliable sulfadiazine bandage, which may be left on a burn from three to five days and which makes inspection of other wounds easy because there is no immediate need to remove it. This film of medicated cellulose can effectively shut out infection from war wounds and burns, yet is easily carried in a soldier's first-aid kit. Dr. Pickrell, in reporting the development and use of the film in a Johns Hopkins Hospital Bulletin, wrote that the discovery came from the use of a solution containing sulfadiazine. Sheets can be made in any desired size by spraying the emulsion on a smooth surface with a pressure gun or paint spray apparatus and allowing the film to dry. The sheets are rolled like bandage, keep well, and are sterilized by dry heat.

Stader splint: A sailor walks the day after it has been applied to a compound fracture of the lower leg; another picks up a fifty pound chair, using an arm which has been set twenty-four hours before. Used on a broken jaw, it permits the patient to eat, smoke, and chew gum almost as soon as the splint is applied. The Naval Hospital in Philadelphia is now using the new Stader splint. Originally developed by veterinarians who

wanted to make injured animals more comfortable, this new splint is a short metal bar with each end anchored to bridge the fracture. Two stainless steel pins are skewered into the bone; broken ends are drawn together and adjusted accurately, quickly, and painlessly. When applied, an anesthetic is administered and only a small dressing is necessary. Weighing only a few ounces, this new device is strong, rigid; a mechanism for setting which acts as a substitute for bone. The Stader splint is not expected to be available for civilian use until after the war.

*Eighty pounds of peas may be reduced to fifty pounds in less than ten hours by dehydration.*

#### LILY-GILDING

● The oil needed by cosmetic makers is now being supplied by the soybean. Coconut oil was used before the war. . . Talc, formerly brought over from Italy, now comes from sunny California. American gums (vegetable gelatin) and waxy chemical substitutes now replace aromatic gums used to give body to face creams and hand lotions; these gums were once imported from Turkey and Syria. . . Bright red finger nails may disappear. The basic solvent that retains the dye in solution in nail lacquer has gone to war (needed for explosives).

*In some large areas of Africa and Asia eggs as food are taboo.*

#### GOOD TO LAST DROP

● Coffee drinkers and tea fiends who looked askance last month at shortages and short-ration programs, eagerly drank up rumors of home-grown crops to solve the dilemma. The reports, alas, that coffee and tea could be grown in this country were too rosy to be true. Our climate and soil are not suitable; plantation labor is not available; trees do not produce for three years after planting, sometimes five.

For avid imbibers, tea and coffee substitutes rarely satisfy. In many individuals, the caffeine in coffee and the tannin in tea actually stimulate a quicker, clearer flow of thought and entice longer periods of sustained intellectual effort. The

heart beat is often accelerated, the blood vessels dilated, and the digestion improved. To say nothing of the sheer comfort of a steaming hot cup of your favorite brew on a cold winter's day. . . Kola, used in many soft drinks, also contains caffeine. Chocolate does not produce the same reaction as the active ingredient is theobromine which has little central stimulation on the brain. It does, however, have an even greater effect on blood flow and muscle.

Scarcities of tea and coffee may lead to adulteration. It has been found in the past that coffee has contained such materials as dandelion root, cereals, peas, beans, and narcissus bulbs! Tea has been mixed with the leaves of strawberry, wisteria, willow, and mulberry. Always, however, such concoctions lack the zest of the original. . . What to do? Only to enjoy what is left of the precious stuff while it lasts, remembering that while coffee has earned its title "favorite American pickup," intemperate coffee drinking is likely to lay you down too!

*Brown-shelled eggs have a higher resistance to breakage than the white-shelled, but there is no difference in nutritive value of the eggs themselves.*

#### WHITE PLAGUE

● About one half the deaths due to tuberculosis in the United States occur in the ages needed for the fighting forces and for a substantial part of the additional personnel required for farms and war industries. An increase in deaths from tuberculosis in several European countries, Canada, and China is also reported by The National Tuberculosis Association. In England and Wales, they rose 12 per cent between 1939 and 1941; an increase twice as high as that between 1914 and 1916. It is thought that this increase undoubtedly is due to closing the tuberculosis hospitals in the early days of the present war. Between 1939 and 1941, T.B. deaths increased 18 per cent; in Paris, deaths rose 10 per cent in the first six months of 1941. More deaths in Greece and Germany also are reported. Tuberculosis is now rapidly rising all over the world, reports Dr. Edgar Mayer, consultant on pulmonary diseases of the New York State Depart-

ment of Labor. This rise has been expected because of war conditions—war strains contributing to an increasing susceptibility rate. "We can ration coffee, meat, and sugar," Dr. Mayer says. "Unfortunately T.B. is not rationed and it thrives on war. We must protect the nation's civilian manpower and we must defend the families of those men who are defending our lives all over the world."

*Sweden is taking a chest X-ray of every citizen to identify and thus prevent the spread of tuberculosis.*

#### TYPHUS COMMISSION

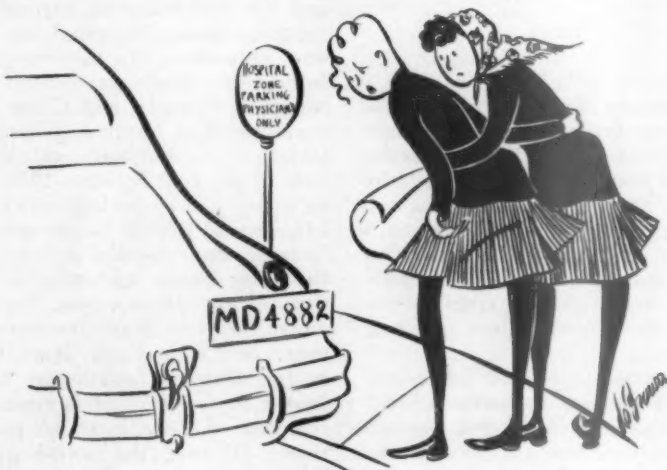
● A militarized commission to study typhus in world war zones has been announced by the War and Navy Departments to assist in the prevention and control of typhus among the military forces and civilians of the United Nations in war-embroiled sections throughout the world. Typhus, regarded as one of the most important military diseases, is known to exist in Europe and in many parts of Asia and Africa, and is expected to spread to other areas. However, the possibility of the introduction of epidemic typhus into this country is remote so long as our high standards of living and cleanliness are maintained.

Data already collected reveals that in certain parts of the world there has been a steady increase in the incidence of typhus within the past year. Where typhus is endemic the commission will investigate all factors which cause the spread of the disease from the civil population to the military; military to civil, and work out new methods of control. Formerly, the main reliance in the control of typhus—a disease transmitted by body lice—has been on delousing the population. The method (usually consisting of bathing and heat sterilization of clothes) is effective though cumbersome, and U.S. troops entering endemic typhus areas carry delousing equipment.

It has been believed, for some time, that immunization vaccines can be prepared to help control typhus. Three such vaccines have been developed in the United States: one from infected lice, one from the lungs of infected mice and rats, and one from infected yolk sacs of developing chick eggs. A high degree of protection to animals has been proved but the work with humans is still incomplete because we have no typhus here in an epidemic form.

New promising insecticides have been developed; effective laboratory experiments now only need to be given field trials.

#### PROBIE



*"What wouldn't I give for a date with a C-book!"*

## THE STORY OF

# Blood Plasma

*The development of plasma for shock, burns, and acute blood loss is an epic of the American laboratory, a life-saver in war and peace.*

BY ALLEN KLEIN, PHAR.D.

• Human blood plasma has already helped to save a great number of lives. It will help to save tens of thousands more before this war is over. A doctor sent to Hawaii after the treacherous Japanese attack on Pearl Harbor reports, "Whereas in the last war 80 per cent of the men suffering from intestinal wounds died, every man who came from the operating rooms of the hospitals in Pearl Harbor is alive today. Why? Because they were given blood plasma, to reduce shock before being anesthetized. The plasma gave their hearts something to beat on. Plasma was a major factor in saving their lives."

You all know, of course, that plasma is the liquid portion of the blood, separated from the red and white cells, and containing certain important blood factors such as proteins, minerals, prothrombin, and specific and non-specific antibodies. It is available in the liquid state, the frozen state, and in powdered form. The latter, dried plasma, is today by far and away the product of choice. It is a light, flaky, buff-colored powder with a water content of about one per cent, which readily and promptly dissolves in *aqua destillata*. Properly packaged it maintains its potency and does not deterio-

rate for at least five years.

The advantages of dried blood plasma, besides its excellent stability, are these. There is no need of typing or cross matching. Pooled plasma can be given to patients of any blood type as all possibly toxic factors are neutralized and rendered inactive by pooling. Dried plasma can be readily transported anywhere, it can be stored without refrigeration. It can be placed into therapeutic action within three minutes. Plasma can be administered as conveniently and simply as saline solution. Large and repeated quantities can be given with freedom from reaction, except in a very occasional case. The intravenous, intramuscular, or subcutaneous routes of administration may be employed. Dried plasma is sterile.

It was Captain Gordon R. Ward of the British Medical Corps who, in 1918, first suggested the use of blood plasma in hemorrhage and/or shock due to battle injuries. He foresaw how this would overcome the difficulties of using whole blood under trying combat conditions, with sufficient quantities of the whole product hard to obtain, spoilage, typing, and other inconveniences. Even in those patients who require whole blood, he pointed out, the plasma would sustain them until

the former could be administered. In other cases, plasma alone would be quite adequate.

However, nothing much was done with Dr. Ward's idea until 1927 when Dr. Max Strumia of the Bryn Mawr Hospital proved its practicability. Then the perfection of dried blood plasma really got under way. For a time progress was exceedingly slow, until the discovery that true desiccation could be achieved by drying under vacuum while the plasma was in a solidly frozen condition. The complete process, which the writer recently had the privilege of viewing in detail, will be described later.

The American Medical Association gives the following "actions and uses" of normal human plasma. "Normal human plasma. . .administered in the treatment of surgical and traumatic shock, in the treatment of burns when loss of available plasma occurs, to combat hypoproteinemia and as a temporary substitute for whole blood in the treatment of hemorrhage when whole blood is not immediately available. Plasma. . .may be considered satisfactory (as a substitute) for whole blood *except in those cases in which the administration of red blood cor-*

*puscles is regarded as essential.*"

Here is a more detailed list of indications for plasma as reported in the medical and surgical literature:

1. Acute traumatic shock
2. Surgical shock
3. Acute hemorrhage with or without shock
4. Burns with or without shock
5. Infectious shock
6. Intestinal obstruction with or without shock
7. Preoperative and postoperative hypoproteinemia
8. Hepatorenal syndrome
9. Obstructive jaundice with and without hepatic insufficiency
10. Preoperative support for anticipated long and traumatizing operation.

Investigators Weinstein and White find that "the most striking phase of treatment of shock with plasma is the prompt response. Almost immediately after starting the transfusion the cold, clammy, and perspiring skin will become dry and warm. It is as if a spigot has been turned off." They recommend the prophylactic use of plasma in early cases of shock as very effective and state that it often allows extension of [Continued on page 82]



### UNEXPECTED GUESTS

Last night my private sorrow knocked.  
I boldly called, "Come in."  
So sure I was of my own strength  
And discipline.

But little children entered too,  
Ragged, unwashed, unfed,  
And mothers counting on their fingers  
Sons who were dead,  
And limping staring soldier lads,  
Survivors of Luzon.  
And red-eyed, swollen-footed nurses  
From Bataan.

—MERLE PERRY, R.N.

ROBERTA MATTHEWS, EDITOR

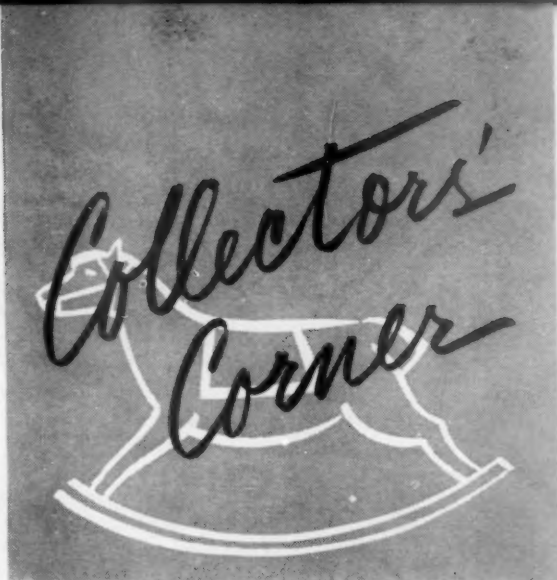
• An enthusiast of that typically American folk-art, patch-work quilts, is October's guest editor, (Mrs.) Lois Galbreath of 601 Irving Ave., Dayton, Ohio.

"While the other countries had their laces, embroideries, and what-nots," she writes, "our colonists had only patches to mend their clothes with. The extreme poverty of the pioneers created art out of need, and the beauty of thus-originated patchwork has withstood the test of time.

"Several years ago I decided to make a patchwork quilt. Knowing absolutely nothing about it, I began from scratch, looking up patterns and directions. Just discovering beautiful quilt designs became a fascinating hobby in itself. Now I have three large scrapbooks with hundreds of different pat-



*"Discovering beautiful quilt designs became a fascinating hobby in itself."*



terns. Although I have made a few pretty quilts, I am mainly interested in pictures, directions for making, yardage, and history of the different pattern for me to leaf through magazines. I started my hobby only a few years ago, but now it's second nature everywhere I go, looking for something new to enlarge my collection with.

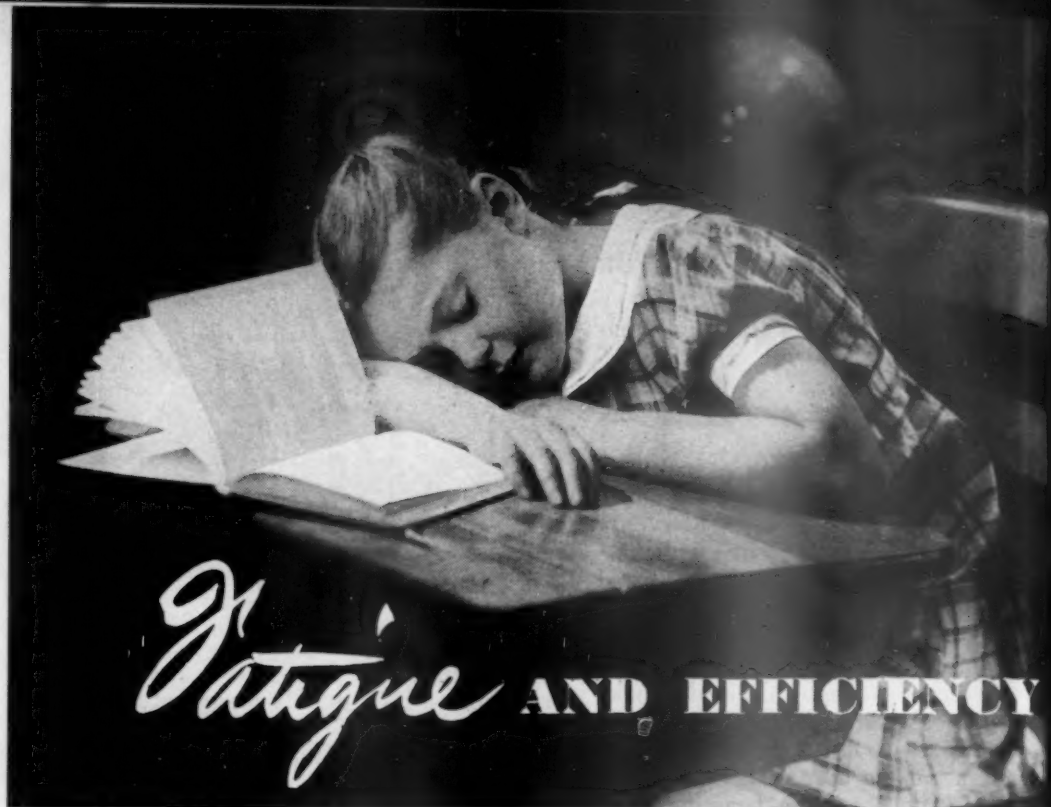
"I recommend the scrapbook hobby very highly indeed. It doesn't take up much room and it doesn't require the constant care that some other hobbies do. About twice a year I spread all my pictures out on the dining room table, throw away the duplicates, and then take my time pasting them in the books."

And here are other collectors, anxiously awaiting your response:

**MINIATURE BOOKS:** The smaller the better. Not over three inches. Will pay postage and gladly help with your hobby in exchange, if possible. Alice Drapeau, 427 N. H. St., Lake Worth, Fla.

**HOSPITAL POSTCARDS:** My hobby is collecting hospital picture postcards. Will acknowledge all I receive. (Mrs.) Geneva Newman, 606 Jordan St., Mt. Vernon, Ill.

**NAPKIN RINGS:** Old ones, odd ones, discarded ones, but most of all, unusual ones. Will be glad to send you something in exchange. Ethel Richeson, Dover Hospital, Dover, N.J.



# Fatigue AND EFFICIENCY

Black Star

● In 1941 time lost from industry (statistical records show) would have produced 132,000 big bombers, 240,000 medium bombers, 660,000 fighter planes, 3,600 submarines and 360 large battleships. These staggering figures deserve study, especially by nurses whose primary interest is health maintenance. Some of these lost man-hours were due to unavoidable illness, accidents (some avoidable), and careless health habits. But some of the delays in industry due to lack of efficiency were brought on by fatigue and Dr. Heiser says that absent workers and fatigue are the "twin fifth columnists" of war production.

Before the present war there was a tendency to shorten working hours, carefully select workers for particular jobs, teach skillful and efficient handling of the job, increase mechanization and improve all working conditions to increase health and decrease accident hazards. Today these factors are still important but now we are faced with a speed-up in this and all phases of

life. Study now applies not only to industry but to the life of every American who is working to win this war. Every day our bodies are bombarded with stimuli that were unheard of a few years ago. Telephones, crowded traveling facilities, congestion, crowded living conditions, additional mental stress, emotional strain, and longer hours are all contributing to the pattern of life we must face. Fatigue and frequently impaired health result. The number of sufferers from chronic fatigue are very naturally increasing and, because of its effect on successful conclusion of hostilities, it has assumed primary importance.

The definition of fatigue has been attempted by numerous authors. They differ according to the type of investigator and the direction from which he approaches the subject. It is, in general terms, a physiological state of tiredness or weariness that impairs ability to do the work at hand. In all cases it is a result of past life and actions. When

neurotic it may be just a false alarm turned in by the subconscious mind.

Causes of fatigue are either physical or psychologic. The latter is receiving more attention of late. Temporary physical fatigue passes after rest, but a sub-acute state results from continued activity until energy reserves are more nearly exhausted. Chronic fatigue is the last step and the beginning of what may be a disabling illness.

When waste products, such as lactic acid, are not removed from the blood they are carried throughout the system. Fatigue substances are all known products of muscular metabolism. Supply of oxygen and food to the muscles, heart, and brain is the limiting factor, in muscular endurance. The role of endocrine depletion, especially of the adrenal cortex is important but not yet measurable.

People rarely use all of their energy. Yet, when they consult a physician they relate a history of being tired in the morning, no matter how well they have slept the night before. They are exhausted at noon and night and the day's work is an effort. Outside activities are sacrificed and they lack drive and initiative. They may realize that their physical being cannot keep pace with their mental ability and so they suffer in business and feel that if they could be rid of this chronic fatigue they would be more successful. This neurotic type of fatigue is by far the most common which comes to the attention of physicians.

To be completely honest we must acknowledge that some fatigue cases are due to loss of sleep, unhealthy living conditions, disturbing home influences, illness, boredom, poor ventilation, noise, heat, poor lighting, fear, and innumerable other factors. When any of the causes are not remedied fatigue becomes progressive and may result in serious impairment of health and lessened productivity.

Recent work by the Mayo Clinic has

aroused interest. Maintaining that fatigue is seldom physical, they use a cross (which first appeared in 1914) as indicative of a well-balanced life. The four arms are named, Work, Worship, Play, and Love. When each of these arms is of equal length life is considered ideal. When they are uneven, fatigue and unhappiness may result. Use of this illustration has been successful in helping the patient comprehend the idea of balancing life and so correct the asymmetry of his own personal cross. If he cannot correct the arms he may at least have a better understanding of his personal difficulties and face them with added courage. It must be remembered that a certain group is not constitutionally able to withstand the strain of life. Consequently this group must learn to hoard its energies and find the job that it can fill most satisfactorily.

**Play.**—The Institute of Life Insurance has issued five simple health rules. Eat right; get your rest; see your doctor once a year; keep clean; play some each day. The last rule is often ignored and many physicians recommend regular changes of scenery each week as a valuable form of therapy for treatment of fatigue. Put on old clothes, roam in the woods, go for a bicycle ride, grow some flowers, find a hobby at least one day a week to forget patients and difficulties of hospital routine. All of these things have been suggested as a means of completely changing the daily routine that may lead to fatigue. When these are impossible a conquering, relaxed, humorous, unstrained, natural mental outlook can more than take their place.

Planned rest periods have also been tested. When the management of an organization sanctions a regular period of rest efficiency increased. In some cases production increased 10 per cent when the workers were made to stop for four 10-minute periods during the working day. [Continued on page 64]

# IT'S A SMALL WORLD!

By ROXANN

• I was hemmed in by Saturday afternoon calamities. Two orderlies had just phoned that the sad and sudden demise of their grandmothers would keep them away until Monday. An oxygen tent on Ward B had stopped cooling, and neither the finagling of the nurse nor the torrid expletives of the engineer would set it going again. A student nurse, admitted two hours before, had a ruptured appendix and we were burning the wires to locate her parents. The elevator in the private pavilion was stuck with six Grade AA visitors in it. Six women were in labor and every bed in O.B. was already full. I was about to take off my cap, hair and all, when the secretary announced, "Miss Ann Brown to see you!"



*"My car was a wreck, but I still had \$18 and the hospital was short-handed, so. . ."*

Ann Brown, back from Somewhere in the Pacific! Ann in a trim uniform, her teeth outshining the silver didy pins on her shoulders, trying to see all the old gang during her one night in town.

"The old gang?" I repeated after her. "They're scattered to the four corners of the earth! But I'll round up what's left of us at my place tonight." And I went back to my problems—which seemed pretty sissy stuff after what Ann had lived through.

I rounded up ten others, in addition to Ann and myself. And quite a crew of globe-trotters they were, too. Joan had returned only two months before from a year in England with the Harvard-Red Cross unit. Elsie is champing at the bit because, though she is eligible for the War Reserve, she has been told gently but firmly that she must stay put—in charge of the operating room at old Blakeslee Hospital. Sue, Margaret, and Peg were slated to join the Army at any moment. Among the twelve of us, we represented ten States and nine training schools.

"Don't we get around!" some one murmured.

"Why not?" Bebe asked. "There's always a place for a good nurse, and we profit by new experiences—seeing how other hospitals are managed, learning new techniques, finding out for ourselves what life is like in other places."

"What made you leave dear ole Alabama?" Janie asked her.

Bebe grinned. "I had \$75 and an old



*"I was so tired of balmy skies and sun-tanned skins, the same year-round temperatures. . ."*

car, and I had never been outside the state in my life. So I went on a vacation. Just six miles outside this city a car ran into me. My car was a wreck, but I still had \$18, and the hospital was short-handed, so—"

Marian's reasons weren't quite so haphazard. She wanted to teach public-health nursing in one of the Mexican or South American universities, and she was now working out her plan of getting practical experience and her Master's Degree at the same time. "I'll have my degree soon, so perhaps next year—" She smiled, and didn't finish the sentence. It was like Marian to want to go where her special education and experience would be most valuable, and I couldn't think of a better nurse to represent U.S. nursing education below the Equator.

Someone asked Sally why she had ever left sunny California. "Because I was so tired of balmy skies and sun-tanned skins, the same temperatures year in and year out. I got to the point where I'd have given my best nylons to know what a winter of snow was like. And did I find out! I landed in Wisconsin in a raging blizzard! By the time the cold wave let up, I had almost grown a crop of wool on my face, and I imagined hordes of pneumococci leaping around my chest. And I can still hear the superintendent say, 'But it's unusual weather for this time of year—it won't last long.'"

"That's what they always say," jeered Ann. "Did you ever go into a new place where they *weren't* having unusual weather?"

"Never!" came the chorus.

"Like the time I went to California and nearly froze to death," Florence said, her dimple showing as she teased Sally about the climate of her native State.

As the girls chattered back and forth, I thought of some of the hospitals in which I had [Continued on page 86]



*"I ended with two rooms remodeled from two back bedrooms of Mrs. Van Horn's mansion. . ."*

## Olive Baldwin, R.N.

BY JEAN DE WITT

● In the chorus of intelligent voices now lifted to warn Americans of the danger of complacency the voice of one nurse—Olive Baldwin—stands out. As well equipped as any statesman in the country to know whereof she speaks, Mrs. Baldwin has been an R.N. for thirty years, has lived and nursed through eight wars and revolutions. More than that, she has been a keen, on-the-scene observer of the thought processes of our enemies as well as our allies. Greatly disturbed by the apathetic attitude of some nurses toward the present world emergency, she is doing her utmost to rally them into service.

She directs her one-woman campaign through the media of newspapers and radio, urging retired nurses especially to get back on the job.

"The hospitals are glad to pay even for an hour's service a day," she says. "Think what only a few hours each week, spent in helping with morning and evening care, would mean to our overcrowded, understaffed hospitals!"

No armchair strategist, Mrs. Baldwin herself wrote *finis* to a five-year retirement period and returned to work almost two years ago. She now holds an administrative post in a Washington, D.C. hospital, commuting from her Georgetown home to put in a full eight-hour day.

Her experience record, as dramatic as a foreign correspondent's, lists her birth in Clearspring, Maryland, forty-odd years ago, the daughter of Anne Marie Forsythe and Gabriel Luther Conrad. Dr. Conrad, a professor of romance



languages at various schools and colleges, made sure that Olive spoke French fluently by the time she entered Shenandoah Collegiate Institute in Dayton, Virginia. Later, she learned Chinese in China. Over and over again, this knowledge of languages has helped her in her work, and never more so than today, in Washington.

"I never had any doubts about choosing a career," says Mrs. Baldwin. "It was nursing from the beginning. And with world events what they were in and after 1914 when I was in training, a nursing career opened horizons as never before."

Olive's first job, after graduating in 1916 from City Hospital in Martinsburg, West Virginia, transferred her from her native Dixie to the metropolitan New York area. She spent one year

as night supervisor in the Newark Hospital for Women and Children before the United States entered the war. Then she joined the Army Nurse Corps.

"Perhaps our professional obligations were more clear-cut then than now. Neither I nor any of my nurse friends had a moment's indecision about joining up."

Accompanying the 30th Division to France, she was stationed at Base Hospital 94 in Tours. Here, her knowledge of the language earned her a supervisory position in charge of the hospital's staff of native French. Olive organized and conducted a clinic for these employees as well as doing yeoman's work on the regular surgical and medical wards.

"I certainly went out of the Army a far better nurse than I had come in," she says. "Not only in surgery but in the care of medical patients. We had a heavy load of pneumonia, tuberculosis, and gas cases. Out of evil can come good, however. And out of wars develop such things as improved surgical and medical techniques, and advances in science. Doctors and nurses give tremendously in wartime, but professionally they gain tremendously too."

The Armistice and Olive's marriage

the following August to Dr. Lawrence Chisholm of Boston brought a temporary halt to her nursing career. Two years later Dr. Chisholm died of injuries sustained during the War and the young widow decided to return to work.

A vital interest in public health, plus a desire to travel, sent her to the Episcopal Mission which, in turn, sent her to China—first to Soochow University to learn the language and then to Peking Union Medical College for a course in tropical diseases.

"I'm terribly enthusiastic about the Chinese," she said. "They are a hard-working, virtuous, and sensitive people. And they have an amazing sense of beauty. I have seen 'rickshaw' coolies—the poorest of the poor—leave their work for a moment to enjoy a delicate bit of carving, a sunset, or a



Photos for R.N. by Press Assoc.

*Her work in the hospital clinic relieves a younger R.N. for front-line duty.*

lovely fabric. It really was a great privilege to work so intimately with them.

"We medical missionaries were really the pioneers," she added. "Even in the '20's and '30's. And don't think there isn't a tremendous job to be done after this war, fascinating opportunities for nurses with initiative and vision!"

Mrs. Baldwin wishes she were twenty and could start in all over again.

"But I wouldn't miss a day of what I've had. I stayed in China for ten years, with a trip home every fourth year to rest, brush up on new techniques, and lecture on what we were doing in the field."

From Peking Mrs. Baldwin had gone to Shanghai where she was in charge of St. Mary's Infirmary, taught elementary sciences to some three hundred Chinese girls, and established and ran an outdoor clinic for a whole village of "rickshaw" Chinese. The latter she operated, alone, without benefit of doctors.

"Not from any prejudice on my part against doctors," she laughs. "I've never had any difficulties working with them. They're the finest group of people I've ever known."

Doctors, no doubt, enjoy working with Mrs. Baldwin. She is a tall, gracious woman with the gift of quiet concentration. A sophisticate in the true sense of the word, one could not imagine her poise shattered. But there is nothing cold in her composure. She kindles sympathetically to other people, delights in quick repartee and the stimulation of exchanged ideas.

She knows from experience, not from hear-say, that we are fighting a tough, hard enemy. She has seen the Japanese as temporary conquerors in China. And only two years ago she saw the Germans come in and rule occupied France, for she was then living in Paris.

"I'm not a Cassandra prophesying woe," she says. "But I don't think the average American appreciates the strength of the enemy or realizes that we, as a nation, must be unified as they are unified."

When the Japs entered Shanghai in 1932, Mrs. Baldwin organized and conducted a clinic for 30,000 refugee Chinese. She was the only white nurse and supervised about forty Chinese nurses and volunteers during eight weeks of invasion. Shortly afterwards, she was trans- [Continued on page 60]



#### FOR FLORENCE NIGHTINGALE

You never spared yourself in any way  
And there are those who follow your routine.  
If you were here, you would be glad today  
To see how far your lamp has thrown its sheen:  
The Russian nurse handing the instruments,  
Halting the wounded life trying to flee,  
Fighting the cold in front-line first aid tents;  
The French or Greek nurse, now no longer free,  
Struggling and starving with her broken nation;  
The Chinese nurse—the list grows very long . . .  
Everyone would win your approbation  
And you, in whom self-sacrifice was strong,  
Could never ask for more in time of war  
From those who served on bombed Corregidor!

—RUTH ARUNDEL PIERCY, R.N.



## *Vitamins for His Royal Highness*

Children are entitled to every advantage that medical science can give them toward the creation and maintenance of robust health. Vi-Penta Drops, the Roche "easy-to-take" vitamin preparation, offers a definite advantage in vitamin medication for infants and children who cannot or will not take capsules. Vi-Penta Drops contain generous quantities of vitamins A, B<sub>1</sub>, B<sub>2</sub>, C and D, and may be added to milk, cereals and other foods without affecting the flavor or being detected. The Vi-Penta preparations (Drops and Perles) are not advertised to the laity. HOFFMANN - LA ROCHE, INC., ROCHE PARK, NUTLEY, N. J.

**VI-PENTA DROPS 'ROCHE'**

## MILITARY NURSING SERVICE

● Here is a summary to press time (December 30th) of facts you should have on the military nursing situation:

In December, the nursing service of the American Red Cross was designated by the Surgeons General as the sole recruiting agency for the Army and Navy Nurse Corps. A War Reserve was formed to replace the A.R.C. first reserve for the duration.

Recruitment stations to enroll eligible nurses are being set up in key cities serving the nine service commands. These cities are Boston, New York, Philadelphia, Montgomery, Ala., Cleveland, Chicago, Omaha, San Antonio, and San Francisco. Each of these stations is to be located in the main Red Cross chapter house of that city. At the recruiting center officials will provide full information on service in the Army and Navy Nurse Corps, plus necessary enrollment forms. Applications received by local Army officers in each service command will be referred to the recruitment station.

You need not be a member of the Red Cross in order to join the War Reserve. But your credentials will be examined by A.R.C. nurse-officials and your eligibility determined by the recruiting staff of the Red Cross nursing service. You are probably eligible if you are under 45, physically fit, state-registered, and not now assigned to an essential nursing post.

Each recruiting station in every service command will have its quota of nurses needed for military service and will be responsible for filling it in 1943. Throughout the nation the 1942 quota fell 5,000 short of its mark, but officers of the Army and Navy Nurse Corps praised highly the spirit with which thousands of nurses had responded. About 2,500 additional nurses a month are needed for the current year.

By recent War Department order, the Army nurse now rates full salute from all enlisted and commissioned personnel. Base pay for both Army and Navy nurses is \$150 a month. The Army now accepts married nurses for active duty.—THE EDITORS.

**EVER  
FEEL  
LIKE  
THIS?**



**To Relieve Pain due to Simple Headache,  
Minor Neuralgia or Neuritis—Try ANACIN.**

When it is necessary to *carry on* despite annoying headaches or the pain of unrelenting neuritis and neuralgia, try ANACIN\* for prompt relief.

ANACIN'S analgesic and sedative action has won the appreciation of many patients who have first had it recommended by

their physician or dentist. Two tablets with water, repeated in two hours if necessary, usually provide gratifying relief. ANACIN also helps to relieve temporarily the pain and discomforts associated with regular menstrual periods. Take it as directed on the package.

\*Reg. U. S. Pat. Off.



**THE ANACIN COMPANY  
JERSEY CITY, N. J.**

# "Ask Miss Torrop"



BY HILDA TORROP, R.N.

*[Have you a personal-professional problem to be solved? Hilda Torrop is an expert on personal adequacy and vocational problems. She'll be glad to answer questions similar to those which have been published so far. No names will be used, so don't hesitate to write in for advice. Please address her in care of the magazine, Rutherford, N.J.—THE EDITORS.]*

**Q.** Do I need a special course to get a position in a defense plant as an industrial nurse? Is there any book I could get that would be helpful? My sister-in-law is also an R.N. and she would like to know what you thought of her getting a job as a welder in a defense plant. She has arthritis in her knees and would like a job sitting down.

**A.** Requirements will vary with the plant and its set-up, but most nurses are functioning without a "course." When you find out what your specific duties will be you can brush up on the techniques you will be called upon to use. The personal problems of the workers are often more baffling than any physical injury you may be called upon to treat. There is no one book that will serve you as an all-around reference. . . If your sister-in-law has much arthritic involvement the job you mention might be a solution to her work problem *but* has she analyzed all the types of positions open to handicapped nurses? How

about an interviewing job or one in a nurses' registry? Her professional preparation should be utilized if possible.

**Q.** I have recently been elected sponsor of a class of student nurses and am in doubt as to what my duties are. Will you kindly give me an idea of just what my duties are to be?

**A.** You have been given a great opportunity for leadership. The sponsor or faculty adviser of a class may mean many different things, depending upon custom and the activity of the student body. In general, you are to be considered the counselor to whom class officers can turn for advice, the faculty member who interprets class requests to the administration, who helps plan parties, clubs, etc., and who can help formulate policies at faculty meetings because of your better knowledge of the individual student and her needs. Did you have a predecessor and did she not leave you any notes covering her term of service? For your interest I suggest the following reading matter: "The Art of Helping People out of Trouble" by Karl de Schweinitz; "Psychology and Life" by Floyd L. Ruch (new edition).

**Q.** I am a secretary and most of the letters I write are to nurses. The question has come up as to the correct way to address a nurse, whether it is "Miss Mary Smith, R.N.," or "Mary Smith, R.N." My teacher in secretarial school says the first way is correct but recently I have been told the second way is correct, that "Miss" should not be used with "R.N."

**A.** Your teacher is right. The use of "R.N." does not do away with the need of the prefix "Miss." "R.N." denotes the right to practice. It is not comparable to a medical degree that can be used either way as "Dr. John Doe" or "John Doe, M.D."

WHEN THEY  
HAVE A

**COLD**



For 40 years Bayer-Tablets of Aspirin have been one of the most widely used therapeutic agents in the physician's armamentarium—not only in colds, influenza or la grippe, but in neuralgia and rheumatic affections.

Actively antipyretic, Bayer-Tablets of Aspirin produce an analgesic effect much greater than that of salicylates. The special Bayer tableting process and the purity of Bayer Aspirin account for rapid disintegration in the stomach and the almost complete absence of free salicylic and acetic acids.

Each tablet of Bayer Aspirin contains the full dosage of the pure drug.

We shall be glad to forward you professional samples of Bayer Aspirin on request.



**BAYER ASPIRIN**

170 VARICK STREET

NEW YORK, N. Y.

*New* **VANISHING CREAM FUNGICIDE**

The most fastidious person will welcome the cosmetic elegance of KORIAM—the safer antipruritic fungicide.

Koriam destroys dangerous fungi in 10 minutes. It works IN the skin, providing maximum fungicidal action with minimum discomfort.

As easy to apply as the finest cosmetic cream, Koriam with its vanishing type base, is stainless and will not cake or cause fabrics to cling to the skin.

Available in tubes containing 1 oz. Sample and professional literature on request.

**SARNAY PRODUCTS, INC.**  
NEW YORK, N. Y.

**KORIAM**  
REG. U. S. PAT. OFF.  
THE ANTIPRURITIC FUNGICIDE

## SAFER... *because* *easier to clean*

The wide mouth and rounded interior corners make the Hygeia Bottle easy to clean and leave no crevices for dirt and germs. New tapered shape makes for safer handling in filling and attaching nipple. Measuring scale applied in color for easy reading.

Breast-shaped nipple with patented air vent tends to reduce wind-sucking. Sanitary tab makes nipple easier to apply.

### HELP WIN THE WAR

Conserve rubber. Use a separate nipple for each feeding. Clean immediately after use. Avoid excessive Boiling. Hygeia Nursing Bottle Co., Inc., Buffalo, New York.



**HYGEIA NURSING BOTTLE AND NIPPLE**  
Safer because easier to clean

## WARTIME NUTRITION

BY CAROLYN VALENTINE, B.S.

### LEGUMES

● Legumes are foods which grow in pods. In this group are included the well-known navy, kidney, lima, string, and soy bean, the lentil—and peanuts. Because peanuts are used as nuts they are not included in this discussion. Legumes are a large group of foods that can and should be used as meat substitutes, but unfortunately, they have not always been treated with proper care and understanding.

Legumes contain a high percentage of protein in the form of legumin. This is similar to milk casein and is sometimes called vegetable casein. The proteins are of good biological value, but as they have a large amount of cellulose present the proteins are not as readily available as those of meat. Lacking in some of the essential amino acids, they cannot be considered "complete" proteins but if combined with some of the complete proteins such as milk, eggs, or cheese this lack will be supplied.

Their reaction is highly alkaline, therefore they are important in maintenance of alkaline-acid balance. Carbohydrate is high, but fat is low. Calcium, phosphorus, potassium, and iron are found in good proportion and the dried beans are rich in vitamin B with small amounts of vitamin A. Green legumes have less vitamin B, but contain more vitamin A and have a fair amount of vitamin C.

Bean sprouts, an important part of the Chinese diet, contain very high amounts of vitamin C. It is possible to grow these at home and because they grow very rapidly they are available in record time for addition to salads.

Peas and beans enjoy a long history, coupled with stories of every description. On the border of England and Scotland they believe that a maiden who finds nine peas in a pod will never be a spinster. If she wants to be doubly sure she will place the full pod over the door and the first man who enters is the man she will marry. The mess of pottage for

JAN.—R.N.—1943

# Exclusive!

## WHITE ROCK UNIFORMS

score again  
with...

*Celanese\**  
*Piquenese\**

A FABRIC OF RAYON  
\*REG. U. S. PAT. OFF.

This smart, durable, washable fabric is now exclusively offered in nurses uniforms made by the White Rock Uniform Co. It further emphasizes the persistent efforts of the manufacturer to provide nurses with practical, distinctive garments . . . finest of quality, styling and workmanship . . . for the least money. Every uniform carries a money-back guarantee for your protection.

Only \$4.98

... made possible  
by our direct fac-  
tory-to-you sales  
policy

### Check these highlights—

- Ordinary soil will not penetrate the fiber, hence garments may be easily washed in lukewarm water with any mild soap.
- A quick drying fabric . . . eliminates necessity to wring out.
- Repeated washings do not depreciate the crispness of the cloth.

If you do not have our latest catalog  
SEND FOR YOUR COPY TODAY



STYLE 602

... for short sleeves  
order No. 603. Sizes  
32 to 44.



STYLE 600

... for short sleeves  
order No. 601. Sizes  
12 to 22, juniors 11  
to 17.

WHITE ROCK UNIFORM CO.

Lynchburg, Virginia

which Esau sold his birthright was probably made from lentils. Early Christians, forced to live in the catacombs, were able to grow lentils in the dark. This has given rise to several superstitions. In all parts of the world the legume in one form or another has taken a leading part in history. One of the first crops to be planted in this new world was peas.

But, it is well to understand more about the very large variety of legumes that are available. It is not necessary to use only one or two. Try some of the more unfamiliar ones for they are delicious. Yel-

low and green beans are common all year round. Lima beans enjoy popularity over part of the season. Lentils, which are exceeded in nutritive value only by the soy bean are readily digested. There are several varieties and they are usually purchased in the dry state. Soak them, throw away the water, and cook until they are tender. Then use them like other legumes, although the most popular method of use in America is in soups or stews.

The Mexicans use pinto beans as frijoles. Added to corn they form a staple part of the diet and have about the same food value as navy and kidney beans. California is now growing the Mediterranean carob bean, or St. John's Bread. Tradition says that this was the food that St. John the Baptist had on the desert. They may be from five to ten inches long and the ripe seeds are surrounded by a sweet mucilaginous substance which is used as a type of confection. It finds its way into flour, syrup, flavoring extracts, and soft drinks.

The chick or Garbanzo pea is larger than our common garden variety. Mexico, Mediterranean and Spanish American countries use large amounts. Used in soups, boiled or baked or coated and eaten as a confection, they are much prized. These are the beans which become infested with weevils whose activity inside the pea gives us the Mexican jumping bean. However, they do deserve much wider use in this country.

Cow peas of the south form both human and cattle feed. The flavor and food value should be more popular in other parts of the country. The Chinese use these and other peas by frying in oil and eating them like salted peanuts. It's a



## For Relief of Simple Constipation —

Try **EX-LAX** The "HAPPY MEDIUM" LAXATIVE

In cases of simple constipation, some laxatives may prove too strong. Others may be too mild. But there is one laxative which hits a "happy medium." And that's... Ex-Lax! Ex-Lax is thoroughly effective—yet effective in a gentle way. It won't weaken or upset you. It won't make you feel bad afterwards. Ex-Lax is

not too strong, not too mild... it's just right! It tastes good, too—just like a piece of fine chocolate.

Thousands of doctors and nurses use Ex-Lax and prescribe it for their patients. When phenolphthalein is indicated, Ex-Lax is a pleasant and effective method of administration. 10c and 25c sizes at all drug stores.



As a precaution, use only as directed.

## NURSES APPLAUD TOUSHAY

# Hand Loveliness

► The nursing profession has been unstinting in its praise of TOUSHAY, the delightfully fragrant skin lotion, that acts on a *new* principle, is helping the nurse to retain soft, pleasing hands.

► Use TOUSHAY before washing or immersing the hands. It will guard against harsh, dry skin. Use water-repelling TOUSHAY after washing and between times to help keep your hands smooth and lovely. No one should take chances with roughened hands . . . and professional people realize that they must be doubly careful due to constant washing and hand cleansing. Fastidious patients, too, will appreciate TOUSHAY.



Have you tried TOUSHAY? It is also suggested for use before donning rubber gloves, and as an after-bath lotion. Send for literature.

# TOUSHAY

*Bristol-Myers Company*

19-NC West 50th Street New York, N. Y.

© King Features Syndicate.  
All Rights Reserved.



# this cold-relief used when **QUINTUPLETS** **CATCH COLD**

Whenever the Quintuplets catch cold—their nurses *immediately* rub the Quintuplets chests, throats and backs with Musterole. So Musterole must be just about the **BEST** cold relief made!

Musterole gives such wonderful results because it's **MORE** than just an ordinary "salve". It's what so many Doctors and Nurses call a modern counter-irritant. It helps break up local congestion in upper bronchial tract, nose and throat and makes breathing easier. Warming, soothing Musterole promptly relieves coughing and tight, sore, aching chest muscles due to colds.

**IN 3 STRENGTHS:** Children's Mild Musterole for children and people with tender skin. Regular for ordinary cases and Extra Strength for stubborn cases.



good idea, why not try it yourself?

Another Chinese habit, and a good one, is use of the entire pod. Young green pods are delicious and if cooked a very short time provide excellent nourishment. The pod is rich in vitamin C—but remember—do not use any soda and cook them fast.

Soy beans have been discussed in R.N. and, thanks to larger crops in the United States, are now more readily available than previously. Get acquainted with them because they are the exception in the legume group as they are complete proteins in themselves.

Most legumes are now more widely used as cattle food than for human consumption. Soy beans are one example. But we sometimes fail to realize that a food which works so successfully for valuable cattle may also have nutritive value for man. With the trend toward better understanding of substitutions it is to be hoped that more attention will be given to these foods. Dr. Wilder wrote recently that we should make greater use of our more uncommon foods as a help in providing more adequate nutrition. He called for a reevaluation of world supplies of food because the world is full of such food potentialities. Legumes can make a valuable contribution to the American diet which at present is threatened by curtailment in certain food groups.

Dried varieties require long cooking. Some of the nutritive value will be lost, notably the ascorbic acid and a small part of the thiamin. Other nutrients are not materially affected although soda should *never* be used in either the fresh or dried types of legumes.

Get acquainted with legumes. Make a trip to some of the stores that feature a variety and try some of them to lend interest and variety to your weekly menu. They are valuable foods in the meat substitute group *if* you add milk, eggs, or cheese.

● Many European nurses of the 17th and 18th Centuries wore as professional identification a gold signet ring on the "marriage finger." The signet emblem was a hand holding a sop-rag. The marriage finger was used to suggest how dear the profession was to them.

Protect them -  
they're precious!



Nowadays, it's good sense to take *extra* care of instruments and gloves. More reason than ever, then, for using K-Y. For K-Y Lubricating Jelly is greaseless, rinses off readily, and is harmless to precious rubber and metal. Sterile, bland, non-irritating, K-Y is an ideal lubricant for catheters, colon tubes, sounds, cystoscopes, specula, and similar instruments. Formula: Chondrus (Irish moss), tragacanth, glycerine, water, boric acid.

ORDER FROM YOUR DEALER



**K-Y** LUBRICATING JELLY  
Johnson & Johnson  
NEW BRUNSWICK, N. J. CHICAGO, ILL.

## FIGHT WINTER COLDS WITH IODINE

No work must be lost this year because of colds!

Fight this yearly menace with the use of IODINE in glycerine for effective treatment of mucous membranes.

Send for free IODINE booklet which contains professional formulas.

IODINE EDUCATIONAL BUREAU, Inc.  
120 Broadway New York, N. Y.

## 2% MILD TINCTURE OF IODINE

### Simple Recipe for Control of BLACKHEADS

**1.** Wash skin thoroughly in warm water and the creamy, snow-white lather of Sayman Vegetable Wonder Soap, massaging briskly. Rinse well with water and pat dry.



**2.** Apply Sayman Salve and leave on overnight. Repeat cleansing of skin with warm water and Sayman Soap, then gently press out loosened blackheads with pad of cotton or tissue. To aid in closing pores, rub skin with piece of ice or pat with ice-cold water.

**3.** Do this twice each week or oftener, to keep skin thoroughly clean—an important requirement in the control of blackheads and other externally-caused skin blemishes.

## NEWS

**SOMEWHERE IN NEW GUINEA**—First American nurse off the gangplank in New Guinea was 1st Lieut. Helen Gray, chief of a delegation of eighteen U.S. Army nurses who, with nine Australian nurses, are the first white women to set foot on the island in months. Troops, in faded shorts and sun-helmets, lined the waterfront as the transport steamed in, and formed a cheering section as khaki-clad girls disembarked. Only one man in male New Guinea—a mechanic in an airfield—appeared to have missed the rumor of the nurses' arrival. As the procession passed the field en route to the hospital, he stared till his eyes popped, took off his cap, twisted it in his hands, and put it on backwards. Then, with a broad grin, he too joined the whistling, cheering sidelines.

**NEW YORK, N.Y.**—Nursing schools throughout the country have met 68 per cent of their student recruitment quota for 1942-43, reports the N.L.N.E. If the goal of 55,000 recruits for the year is to be met, schools will have to enroll almost 18,000 students in the spring, and if the quota for 1943-44, now hiked to 65,000, is reached, one girl in every ten graduating from high school this coming June must enter nurses' training.

Geographically, the southwest has the best record for student recruitment. New Mexico has exceeded its quota, Oklahoma is within 90 per cent of its, and Colorado follows with 88 per cent. New Jersey, Delaware, and New York are laggards, having supplied only 4,832 students out of the required 7,953.

**AN AMERICAN ARMY BASE IN ICELAND**—Thanks to the Marines and Army engineers many pioneer nurses in Iceland now have electric lights and real furniture in their quarters. First arrivals now reminisce with pride about their make-shift abilities.

"We built our furniture from packing cases, carried our own coal-buckets to fuel the pot-bellied stoves in our quarters, stood in line for a turn at the nurses' one

**Why So Many Physicians Indicate**

# **PERTUSSIN**

## **for COUGH SYMPTOMS**



... of Acute and Chronic Bronchitis  
• Laryngitis • Whooping Cough • Paroxysms of Bronchial Asthma • Dry Catarrhal Coughs • Smoker's Cough

1. It stimulates tracheobronchial secretion
2. Thereby improving ciliary action, and
3. Aiding in liquefaction of mucus.
4. Depresses the cough reflex.

Pertussin is entirely free from bromides, opiates, chloroform and creosote. Its palatable taste and freedom from undesirable side actions should allow of its efficacious use along with other medication the patient may require.

You may recommend PERTUSSIN to your patients and friends with the assurance that this cough remedy has been prescribed by thousands upon thousands of Physicians. It provides effective aid in modern cough therapy.

**SEECK & KADE, INC.**

440 Washington Street

New York, N. Y.



## A small part of the Biggest Job in the World!

With emphasis today on conservation of all materials, there's more reason than ever for you to use GRIFFIN ALLWHITE —

Because shoes cleaned regularly with GRIFFIN ALLWHITE keep new-looking longer, you wear them longer. The neutral ingredients of GRIFFIN ALLWHITE are absolutely safe for all white shoes, leather or fabric.

Why take chances with just any white shoe cleaner, when the known quality of GRIFFIN ALLWHITE costs no more?



Bottles, Tubes, and  
Jars  
10¢ and 25¢ sizes

# GRIFFIN ALLWHITE

Cleans as it whitens

bathtub, and—when food ran low—ate Army field rations.”

These Army nurses remember good times, too, laughter over these same hardships, the building of better quarters, and evening rides in jeeps and command cars to parties at other camps. Nurses now arriving in Iceland are assigned to comparative luxury of hospitals and living quarters all prepared for them.

NEW YORK, N.Y.—“Nurses’ aides are playing a vital part in our health program, and they are our only solution to the shortage of trained nurses,” says Margaret Arnstein, New York State nursing officer, reporting on the Red Cross nurses’-aide training program.

Up to November 1st, 6,801 volunteers had taken the nurses’ aide course, with hundreds of additional women completing their training every month in 159 of the 200 New York hospitals approved by the American College of Surgeons.

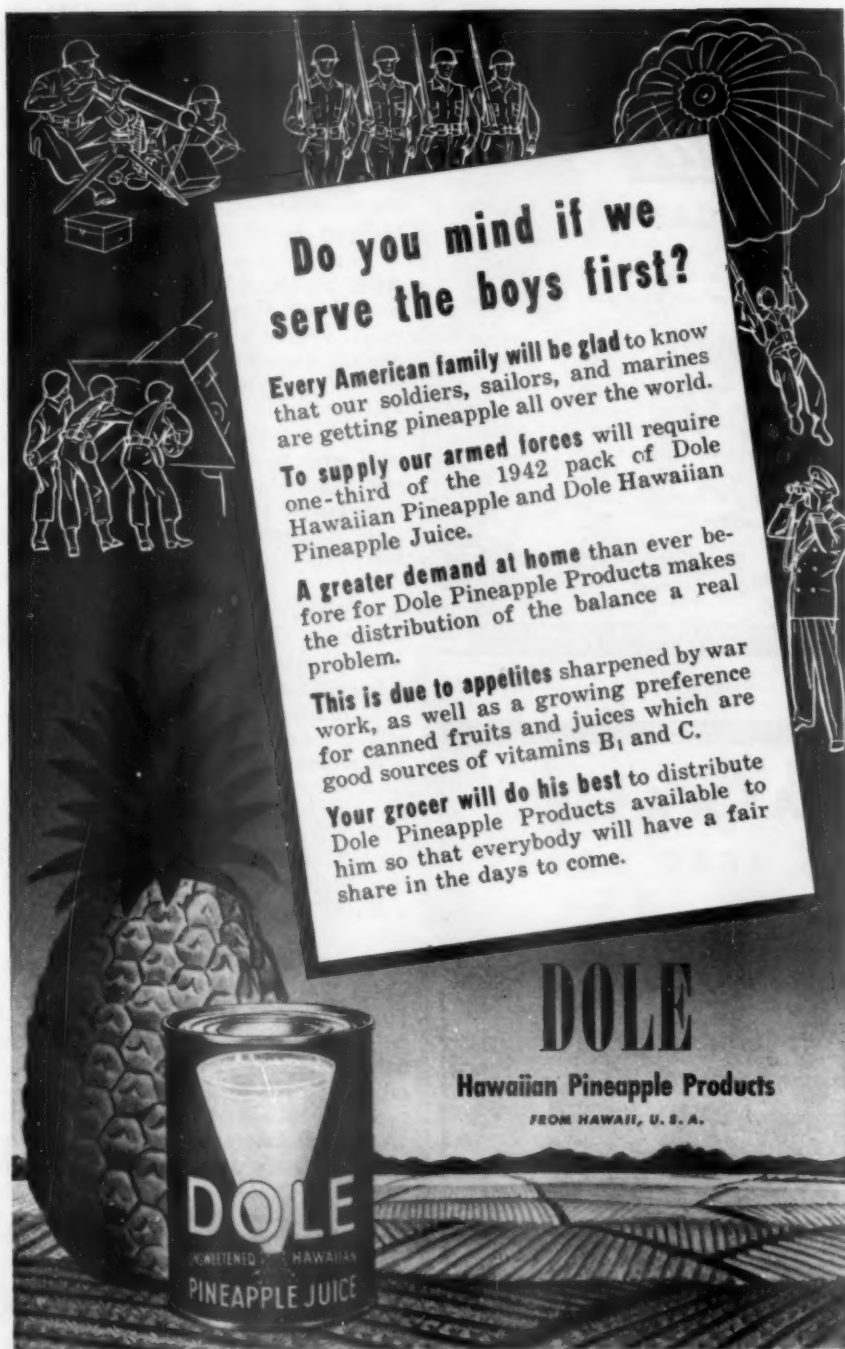
In some defense areas where hospitals are overcrowded, nurses’ aides are helping public-health nurses in clinics and in private homes, Miss Arnstein said. She stressed the fact that many more aides are needed at this critical time.

SOMEWHERE IN NEW GUINEA—Bully beef and stewed turnips headed the Thanksgiving menu of two U.S. Army nurses, Betty Hall of Los Angeles, and Mary King of Stamps, Ark. Twenty American and Australian newspaper correspondents had invited the girls to a dinner at which Tojo and Togo, two plump little ducks, were to be the pièce de resistance. Natives, claiming Tojo and Togo as their pets, persuaded the soft-hearted newshawks to forego the slaughter. Everyone, including the ducks, had a high old time.

WASHINGTON, D.C.—For “courageous and outstanding” performance of duty on Bataan and Corregidor, Anna Bernatitus, R.N., of Exeter, Pa. was the first individual in the Naval service to receive the new Legion of Merit award. Miss Bernatitus was the only member of the Navy Nurse Corps to escape from Corregidor, and is now a chief nurse on the staff of the Naval Medical Center in Bethesda, Md.

[Turn the page]

JAN.—R.N.—1943



**Do you mind if we  
serve the boys first?**

Every American family will be glad to know that our soldiers, sailors, and marines are getting pineapple all over the world.

To supply our armed forces will require one-third of the 1942 pack of Dole Hawaiian Pineapple and Dole Hawaiian Pineapple Juice.

A greater demand at home than ever before for Dole Pineapple Products makes the distribution of the balance a real problem.

This is due to appetites sharpened by war work, as well as a growing preference for canned fruits and juices which are good sources of vitamins B<sub>1</sub> and C.

Your grocer will do his best to distribute Dole Pineapple Products available to him so that everybody will have a fair share in the days to come.

**DOLE**  
Hawaiian Pineapple Products  
FROM HAWAII, U. S. A.

## IN THE SERVICE YOU NEED

### *Positive* IDENTIFICATION



If you're joining the Armed Forces you'll need more than your fingerprint to protect your possessions against loss. Be sure to attach Cash's Woven Names to every article—clothing especially—you wish identified. Cash's Names are permanent, economical, easy to attach with thread or Cash's NO-SO Cement. Cash's are "tops for service in the Service". Ask your Dept. Store or write

**CASH'S**

473 Chestnut St., So.  
Norwalk, Conn., or 6233  
So. Gramercy Place,  
Los Angeles, Calif.



CASH'S 3 doz \$1.50 6 doz \$2. NO-SO 25¢  
NAMES 9 2 12 3. Cement 1 tube

## ALKALOL

### in HEAD COLDS

ALKALOL has decided mucous solvent properties.

After its use the mucous membrane passages are cleansed, soothed and better able to resist germ invasion.

**Guard the Port of Entry**

THE ALKALOL COMPANY  
TAUNTON, MASS.

Write for free sample  
**ALKALOL**  
ALKALINE · SALINE · CLEANSING



A civilian honor went last month to two Army nurses, also veterans of the Philippine campaign. Captain Florence MacDonald and Lt. Helen Summers received the joint award of "Woman of the Year" presented by the Women's National Exposition, New York City. Mrs. Wendell Willkie made the medal presentation at the opening of the Exposition, while news and motion picture cameras perpetuated the event.

NEW YORK, N.Y.—Hunter College, in New York City, recently introduced a major course in nursing education as "a distinct contribution not only to the war effort, but to the long-range program that will be with us after the war." The course is designed for graduate nurses who wish to become teachers or supervisors in schools of nursing. It was established in response to a special request from the New York City Department of Hospitals.

WASHINGTON, D.C.—One of the last observations of Rear Admiral Norman Scott was in praise of medical personnel aboard a hospital ship in the southwest Pacific.

"I did not see a single person—doctor, officer, nurse, corpsman, petty officer, or bluejacket—who was not on the job. He—or she—was not only doing it well, but quietly. Just believe me, they are good."

This statement was contained in a letter released by the Navy shortly after the Admiral's death on November 13 in a Naval battle in the Solomons.

LOS ANGELES, CALIF.—R.N.'s West Coast correspondent, Elsa Gidlow, reports that social welfare officials in Los Angeles are expressing great concern over neglect of health and education facilities for children in crowded defense areas. Even in northern California, where an earnest effort is being made to provide nurseries for children of working parents ["California's War Babies," R.N., December] the existing day schools are so crowded that personnel can hardly take care of the children.

BOSTON, MASS.—R.N.'s, students, and nurses' aides all proved their mettle in the terrible holocaust succeeding the Coconut Grove fire. [Turn the page]

## A LOT OF MY FAN MAIL IS MONOSYLLABIC

**"Da!" "Goo!" "Mmm!"**

*Those are favorite messages from satisfied Swan users throughout the nation.*

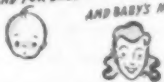
Students of this cryptic language take it to mean that there is no finer soap for babies than Swan.



There is much substantiation: Swan is made to be pure and mild. It contains no free fatty acids, no harmful alkalis, no strong perfume, no coloring matter. No soap tested, whether castile or floating, is milder than Swan.

No wonder more doctors are switching to Swan than to any other Soap.

**GRAND FOR BABY—  
AND BABY'S MAMA!**



Swan lathers faster, too—gives twice as many suds in a minute as other floating soaps. It's firm. It's economical. It's more real soap for your money than any leading toilet soap tested.



Try Swan yourself and see if you don't find it a soap you can recommend unhesitatingly for babies and adults alike.



# SWAN

PURE, WHITE FLOATING SOAP

MADE BY LEVER BROTHERS COMPANY, CAMBRIDGE, MASS.

**New under-arm  
Cream Deodorant  
safely  
Stops Perspiration**



1. Does not harm dresses, or men's shirts. Does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly checks perspiration for 1 to 3 days. Removes odor from perspiration, keeps armpits dry.
4. A pure white, greaseless, stainless vanishing cream.
5. Arrid has been awarded the Approval Seal of the American Institute of Laundering, for being harmless to fabrics.



**ARRID IS THE  
LARGEST SELLING  
DEODORANT**

**ARRID**

**39¢ a jar**

(Also in 10¢ and 59¢ jars)

Buy a jar of ARRID today at any  
store which sells toilet goods.

"It was the kind of catastrophe, if of a different order, that we had been preparing all these months to meet," said Margaret Busche, director of nurses at City Hospital which admitted 130 living patients that Saturday night.

Many nurses and their helpers worked without rest from 10:30 P.M. Saturday to Sunday midnight, making order out of chaos. At Massachusetts General Hospital which admitted seventy-nine living patients, one nurse who stayed on the job had lost three members of her immediate family in the disaster. She, and the rest of the staff worked coolly and capably until, within two hours from the time the first victim had been received, every patient had been "bandaged, had received intravenous injections of morphine and blood plasma, and had been put to bed."

Students and nurses' aides were called on for duties that they would never have performed under normal circumstances. On Saturday night, 200 aides responded to the S.O.S. flashed over the Boston

## Health Briefs

BY LEONHARD FELIX FULD, PH.D.  
Health Director, Medical Center,  
Jersey City, New Jersey

Although the acne of adolescence is corrected spontaneously by the lapse of years, the importance of these years in the personal and professional success of the nurse justifies medical treatment for this condition.

First aid instruction is essential in the professional education of nurses to develop resourcefulness and initiative for emergencies outside hospitals.

The incidence of epidermophytosis in nurses can be materially decreased by insisting that each nurse correct all breaks in and peeling of the toes.

# FOR THREE REASONS



**\*UNGUENTINE** is modern in its consideration of the patient's comfort as well as his well-being.

- 1 *Unguentine is analgesic and antipblogicistic*—with a soothing local anesthetic effect that quickly helps relieve pain in denuded areas of the skin, as well as burns.
- 2 *Unguentine is antiseptic, germicidal, non-toxic, non-irritating, and effective in the presence of serum and organic matter.*
- 3 *Unguentine conforms to the modern concept of a useful surgical dressing*—neither dry nor wet—adaptable to sustained antiseptic yet soothing contact with the injured area.



*Sample free to nurses on request*

The Norwich Pharmacal Co., 70 Eaton Ave., Norwich, N. Y.

\*Reg. U. S. Pat. Off.

# UNGUENTINE



baby  
needs...

**'BOROFAX'**  
BORATED OINTMENT

'Borofax' Brand Borated Ointment contains 10% of boric acid in a bland ointment base and provides a water-resistant dressing which prevents and relieves the discomfort of diaper rash. It is prescribed extensively by pediatricians for abrasions, and chapped and roughened skin.

Tubes of  $\frac{3}{4}$  oz. and  $1\frac{3}{4}$  oz.;  
Glass jars of 1 lb. and 5 lbs.

 **BURROUGHS WELLCOME & CO. (U.S.A.) INC.**  
9 & 11 EAST FORTY-FIRST ST., NEW YORK, N. Y.

**Send for Samples of  
EFEDRON  
HART NASAL JELLY**

Relieves nasal congestion promptly and pleasantly.

Supplied in nasal tipped tubes--can be carried in pocket or purse--applied quickly and easily.



*The Original Water Soluble  
Ephedrine Nasal Jelly*

----- Mail This Coupon Today -----  
Hart Drug Corporation,  
Miami, Fla.  
Please send me complimentary samples of  
**EFEDRON Hart Nasal Jelly.** \_\_\_\_\_ R. N.  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

radio. According to the N.Y. Herald-Tribune, at City Hospital they "stayed with and comforted the terrified patients waiting to be taken to the wards; they mopped up floors covered with blood, cinders, bits of burned flesh, torn clothing, and glass; they changed sheets besmirched with smoke and grit; they sterilized and washed equipment; they ran down needed supplies; they acted as special nurses for the most seriously ill patients, taking entire care of them. . ."

NEWARK, N.J.—A refresher course in Industrial Nursing is now offered by Rutgers University Extension at 37 Lincoln Ave., Newark, N.J., every Monday evening from 7:30 to 9:30 P.M. Classes will begin January 25, 1943. The fee is \$16.00 and the course has a two-point credit for those desiring it. It is sponsored by the New Jersey Industrial Nurses' Association and the New Jersey Association of Industrial Physicians & Surgeons. Any graduate registered nurse, or licensed physician already engaged in industry, or those interested in entering this field may participate in the course. For further information please write Miss Elizabeth Sennewald, R.N., Dolphin Jute Mills, Paterson, N.J.

**Olive Baldwin, R.N.**

[Continued from page 40]

ferred to the Philippines.

There, she was superintendent of nurses and of the training school at St. Luke's Hospital in Manila for four years. Many of the Filipino nurses who trained under her brought their fine talents to the help of General MacArthur's boys in the recent invasion.

In 1937, on a furlough trip to Europe, she met and married Elbert Baldwin, founder and head of Research International in Paris and now senior Economic Consultant to the Lend-Lease Administration. Once again she gave up active nursing, but not her observation of nursing conditions.

"I have met nurses and doctors in many countries," Mrs. Baldwin reports. "In no country outside of our own does



*An exquisite wife*

is exacting

...exacting, last not least, in matters of personal hygiene.

That is why her physician will find a ready response to his recommendation of a vaginal douche with Lorate, for Lorate offers what particular patients want in a douche: mildness, effectiveness, freedom from medicinal odor.

Lorate, the alkaline douche powder, is used with good effect as a

detergent in leukorrhea; for post-partum care; for cleansing after menstruation; Trichomonas vaginalis and other forms of vaginitis. It may be prescribed also following gynecological operations; for pessary wearers; and as a deodorant in conditions attended by fetid discharge.

Please write to the Department of Professional Service for a trial supply.

# LORATE

LORATE COMPANY, INC., 113 W. 18th STREET, NEW YORK CITY



## "EPIDEMIC PROPORTIONS"

Working hand-in-hand with curative therapy in colds and "flu" is Numotizine, enemy of pain and congestion.

Numotizine aids convalescence by relieving pain and thereby allowing rest and sleep, so essential for prompt recovery.

## NUMOTIZINE

liberally applied, is also of adjunctive value for its palliative effect in tonsillitis, colds, bronchitis and pneumonia, as well as in other types of inflammatory and traumatic pain. It is clean and easy to apply. One application lasts about 12 hours.

Numotizine is ethically promoted—not advertised to the public.

**NUMOTIZINE, Inc.**  
900 North Franklin Street  
Chicago, U.S.A.

the R.N. enjoy so many privileges. It is right that she should have these privileges and gain even more after the war is over. But the facts remain that if sacrifices are not made now and if nurses for civilian hospitals as well as the armed forces are not immediately available, the nursing profession may lose just what it has always been fighting for, and what it has already accomplished.

"I was in Paris when it fell, and for three months more. After the invasion I talked with many Germans from all walks of life. I was both impressed and frightened by the way they, as a people, were unified. They were all very certain of winning the war, and when I asked them what they intended to do with the world if they conquered it, the reply from the common soldier was: "We leave all that to the Fuehrer." From the intellectual, the reply was always: "The Fuehrer has plans. He will put the world to work . . . for us." They meant what they said. And that is why we, as nurses, must do our part—and our part in this struggle is a large part—so that, when this is over, we can not only once more enjoy our privileges, but will not be told from Berlin that we must work fourteen to sixteen hours in place of eight or twelve!"

Oddly enough, it was a young German officer who facilitated the Baldwin's return to this country via Lisbon in the summer of 1941.

"Before we left we spent a night in jail! It was one of my most memorable experiences. Paris' curfew was at ten o'clock and one evening we had been dining out. Our hostess' conversation and entertainment was so interesting that we didn't allow sufficient time to get home before curfew, and—sure enough—we were picked up by the German military police. The jail already held a dozen others—mostly doctors and professional men—who had been apprehended for the same offense. For seven hours, until the curfew was lifted at five A.M., we exchanged stories,



## *Keep 'em marching ... — to Victory!*

Peak efficiency cannot be expected—  
where Athlete's Foot is present

Whether they are soldiers marching to line of duty, or civilians on their way to war production plants, peak efficiency cannot be expected where Athlete's Foot irritation is present. Relief must be made available for these patients, as quickly as possible.

Let the simple Mazon treatment help you to bring Athlete's Foot irritation, with its destructive influence on comfort and efficiency, under control.

# MAZON

as laboratory investigation and many clinical reports show, inhibits Tricophyton fungus growth associated

with Athlete's Foot and helps to clear up the affected area. Mazon is anti-pruritic, antiseptic, anti-parasitic. It is easy to apply and requires no bandaging. Use it on your next case.

Mazon is also indicated for the relief of externally caused Eczema, Psoriasis, Alopecia, Ringworm, Dandruff and other skin disorders.

**BELMONT LABORATORIES CO., PHILADELPHIA, PA.**

# Coryza

**Relief begins in 10 minutes**

*Samples on request*

A simple 6 grain tablet of NaCl, KCl, and NH<sub>4</sub>Cl, called Nakamo Bell, is being prescribed freely today by thousands of doctors as the most effective, prompt and harmless relief they know for coryza, rhinitis, sinusitis, many forms of asthma, beginning colds and hay fever. This tablet, Nakamo Bell, is stocked for prescription use in original packages of 50 at 50 cents by all druggists. Samples to registered nurses on request to Hollings-Smith Co., Inc., Mfg. Chemists, Orangeburg, N. Y.

## PLASTIC IDENTIFICATION PIN

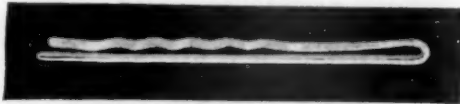
**With Safety Catch**

**Widely Used by Nurses and Hospitals**

**MISS K. JONES**

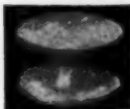
Actual length of pin, 2 inches  
One-line engraving.....55c per pin  
Two-line engraving.....75c per pin  
R.N. can be added free  
These pins can be washed

**WHITE BOBBY PIN**



4 on a card \$1.00 per doz. cards

## PEARL STUDS



No. 144  
\$1.00 doz.



No. 139  
75c doz.

**ALSO**  
Pearl links, cap  
cuff and bar pins

Check or money  
order must accom-  
pany order. We  
ship prepaid.

**BERNARD MANUFACTURING CO.**

Dept. R.N., 123-125 Van Buren St., Newark, N. J.

past experiences, and reveled in good talk. I wouldn't have missed it for anything."

"Safe home" in September 1941, Mr. Baldwin's profession took them from New York City to Washington the following Spring. There, Olive Baldwin's first move was to take a full-time general duty job in an under-staffed hospital. There has been no vacation for her since.

"Certainly other married nurses would do the same if they only realized how desperately they were needed," she says. "I am spending my extra-curricular hours trying to convince them!"

## Fatigue

*[Continued from page 35]*

**Sleep.**—We cannot doubt that regular sleep is a means of relaxing the senses, resting the muscles, and giving the mind relief from conscious problems. Today this last effect is most important, for man can then isolate himself from the daily problems and escape from the troubles of the day. Cervantes expressed this by saying—"Sleep is the best cure for waking troubles." Yet many people suffer from disorders of sleep, ranging from occasional involuntary deep sleep (narcolepsy) to extreme insomnia. Between these two lie individual peculiarities of the rhythm of sleep.

While the number of hours demanded by an individual differ, the average person sleeps eight hours. This sleep should be complete and result in a definite feeling of rest upon awaking. When the mind is overactive, and at times when the body is suffering from over-fatigue the familiar warm bath or warm cup of milk may prove relaxing. This induces circulatory changes and metabolic factors which are valuable to some insomnia sufferers. When hunger causes wakefulness food may be of aid. Sedatives such as bromides and barbital derivatives have definite value but



## Full of bounce!

**T**HAT TWINKLE, that bounce, that beamish look means that this is a comfortable baby! His skin feels good. He's not bothered with mean chafes or prickles. A careful going-over every day with Johnson's Baby Powder helps keep him slick and smooth and silky-tempered.

This soft fine powder does a wonderful job of cooling and soothing babies of all shapes and sizes. For Johnson's, as many doctors know, is made from excellent quality talc—unusually satin-smooth and "slippery." It's a splendid aid in keeping delicate skin in tiptop condition.



**Also important—Johnson's Baby Oil!** For the daily oil bath of young infants and for frequent use on older babies, Johnson's Baby Oil is widely recommended. Bland, colorless, stainless, it will not turn rancid.

**Other Johnson's Baby Toiletries:** A smooth-textured, neutral Baby Soap, made especially for babies. A pure, unmedicated Baby Cream, useful in helping to relieve chapping, chafing, prevent windburn.



REGULAR PACKAGE      WARTIME PACKAGE

# JOHNSON'S BABY POWDER

*Johnson & Johnson*  
NEW BRUNSWICK, N. J.    CHICAGO, ILL.

# PLAIN, UNFLAVORED KNOX GELATINE

RECOMMENDED BY PHYSICIANS  
FOR SPECIAL DIETARIES IN  
TREATMENT OF:

- ... Peptic Ulcer
- ... Diabetes
- ... Colitis
- ... Reducing
- ... Convalescence
- ... Infant Feeding
- ... Debility *caused by  
lack of adequate protein*

**NOTE:** Knox Gelatine should not be confused with ready-flavored gelatine dessert powders. They are only about  $\frac{1}{8}$  protein, mostly acid-flavored. Knox is all gelatine, no sugar...a pure wholesome protein. Contains 7 of the 10 essential protein parts.

If you would like information, reprints or suggested recipes for any

of the above, simply check the subjects, on this ad and mail to Knox Gelatine, Dept. 450, Johnstown, N. Y.



must be used according to the individual and medication changed from time to time. Their use should be temporary and palliative. The basic cause of unrest should be removed if possible. Most physicians feel that mild sedation is better than a night of wakefulness.

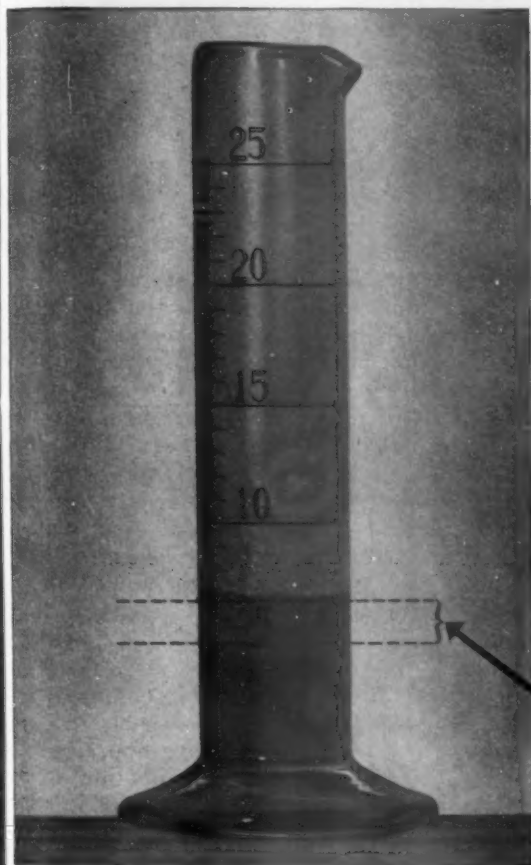
**Drugs.**—Some interesting data have been assembled about the action of various types of medication, such as amphetamine (benzedrine). One authority concluded that their use may be hazardous because with the brake of the fatigue sensation removed, the nervous, muscular, and endocrine systems may be unduly exhausted. However, it is believed that drugs in an emergency are of aid, but they must be administered with care and with knowledge of the individual. Enduring gain can best be attained by systematic physical training which increases general physical fitness. Undoubtedly the need for maintenance of a good health state cannot be overemphasized.

**Diet.**—No single factor in the fight against chronic fatigue has been given so much attention as proper diet. Dr. Sebrell declares that food is on a parity with guns. General Hershey announced that one-third of the draft rejections were caused by defects directly traceable to malnutrition. The U.S. Public Health Service found that fifty million Americans, both rich and poor, were improperly fed and therefore they could not work to maximum capacity. Most of them were suffering from deficiencies in vitamins A, B<sub>1</sub>, C, and calcium. Many slender women, particularly, have inadequate caloric intake, especially at breakfast.

We sometimes think of malnutrition as synonymous with poverty, but evidence is overwhelming to show that this is not true. Tests in one Lockheed Aircraft Corporation in the heart of the California citrus and vegetable belt proved this. They revealed that 77 per cent of the workers lacked vitamin C and 62 per cent lacked vitamin A. Yet,

JAN.—R.N.—1943

# LIQUID BULK UP 34% WITH SAL HEPATICA SOLUTION



**S**AL HEPATICA has steadily gained in popularity with the profession as a reliable relief in constipation. There is no more effective way of flushing waste from the intestinal tract than by the use of the *liquid bulk* which Sal Hepatica solutions provide . . . for gentle, prompt and thorough laxation.

New and striking experimentation backs known facts on the ability of Sal Hepatica to introduce *liquid bulk* into the bowel. When Sal Hepatica, in laxative solution, was placed in the isolated ileum of a dog, there was a gain of 34% in liquid volume after the loop remained in the peritoneal cavity for one hour.

Sal Hepatica's *liquid bulk* helps stimulate peristaltic muscles, and aids in maintenance of a proper alimentary water balance. And the salines of Sal Hepatica serve to help neutralize excess gastric acidity, besides promoting bile flow. Send for literature on palatably effervescent Sal Hepatica.

Volume of Sal Hepatica solution (laxative strength) went up 34% after one hour in ileal loop of dog. Cathartic solution gained 204% volume in same test.

## SAL HEPATICA

SUPPLIES **LIQUID BULK** TO FLUSH  
THE INTESTINAL TRACT

Bristol-Myers Company, 19N West 50th St., New York, N. Y.



citrus fruits and vegetables are notably high in these vitamins. And, 50 per cent of these vitamin deficiencies were of a nature to effect the efficiency and stamina of the workers. Decreased production, spoilage of work, lost time, and lowered morale resulted.

Findings of this type about our eating habits may be applied to all of us today. Night workers should pay particular attention to diet, making sure that they consume adequate meals, properly spaced. Breakfast and supper, reversed so far as time of day is concerned for the night worker, should be nearly equal in nutritional balance and quantity. There is no virtue, and much fault, in a too-light breakfast (at whatever hour of day it may come) unless one has chronic morning sickness. These facts might well apply to the nurse as well as to the industrial worker. Fatigue resulting from diet imbalance can and should be avoided.


**Specific diet therapy.**—Because workers are the second line of defense, studies have been made on mass feeding of concentrated vitamins in industry. General conclusions state that there is no objection to their use *if* a study has been made and scientific data secured to support the practice. But it is still believed that greater stress should be placed upon education in food values and selection of diet. Studies and conclusions which are against *indiscriminate* use of vitamins in no way belittle the need for vitamins in nutrition.

Vitamin therapy, however, is most effective when scientifically proven necessary.

Controlled observations of muscular efficiency show that the relation of dietary factors to fatigue and efficiency have other important aspects. Vigor is affected by the so-called hunger contractions of the empty stomach and the concentration of circulating blood sugar. These are related to frequency of meals. For this reason in-between-meal feedings to supply additional food factors are proving successful in many organizations.

**Laughter.**—Dismay, perplexity, and depression are becoming a part of many lives. Luckily, Americans are noted for their sense of humor, but still more of us should be able to laugh at ourselves. If we stop for a moment in this busy world to consider our own life in proportion to the world we will soon realize that we are an infinitesimal part of the whole. Learn to laugh because it is a form of exercise that is very pleasant. Laughter is a counterirritant these days and is a part of healthy living for it begets optimism and gives us a greater ability to meet the battle of life. A hearty laugh is truly important to a well-rounded life.

Chronic fatigue is common to all people. It is not seasonal, sectional, or confined to any age group. It is often related to the total situation of life rather than the specific work in which



**Vapo-Cresolene**  
**INHALED**  
is the  
**DIRECT METHOD**  
of treating  
**COLDS, BRONCHITIS,  
WHOOPIING COUGH**

Direct, repetitive action! Therein lies Vapo-Cresolene's notable efficacy. With the Vapo-Cresolene lamp in operation, the patient's breathing draws the decongestive, mildly antiseptic, sedative vapors into repeated contact with the inflamed respiratory mucous membrane. The natural result is that cough is quickly subdued, breathing passages are cleared and throat irritability and raspiness are relieved. Write for nurse's literature, Dept. 1.

**THE VAPO-CRESOLENE CO.**  
62 Cortlandt St. New York, N.Y.

JAN.—R.N.—1943

Yes . . . I've had remarkable success . . .



in ECZEMA, ACNE  
and RINGWORM  
with

**Bonne Bell**  
**TEN-O-SIX LOTION**

**MORE AND MORE** nurses are finding that TEN-O-SIX Lotion gives comforting relief to itching skin on body or scalp, and more and more physicians are prescribing and dispensing TEN-O-SIX because of its therapeutic properties. It aids nature in healing externally caused skin irritations, pimples, blackheads, eczema, acne, ringworm and athlete's foot. It even relieves the painful itching of Pruritus Ani and Vulvae.

And besides, TEN-O-SIX

**IF YOUR DRUGGIST does not have TEN-O-SIX, send coupon and we will fill your order promptly. Your money will be refunded in full, if you are not satisfied.**

**ORDER TODAY! . . .**



is a grand cleanser for the skin . . . simple and convenient to use. It is not greasy, will not soil linen or clothing—will not dry the skin—leaves a pleasant odor.

**You will like TEN-O-SIX**

TEN-O-SIX is a valuable lotion to have on hand. Since 1936, more than a million bottles have been sold. It is doing a marvelous job for thousands of nurses—it will for YOU, TOO.

Bonne Bell  
17609 Detroit Ave. Cleveland, Ohio

Yes, please send me bottle of TEN-O-SIX, on money-back guarantee. I enclose money order, check or currency for

\_\_\_\_\_ \$1.00—2 oz. size  
\_\_\_\_\_ \$2.00—4 oz. size

Name \_\_\_\_\_

Address \_\_\_\_\_

City & State \_\_\_\_\_

**BONNE BELL • 17609 DETROIT AVENUE • CLEVELAND, OHIO**



## ANGIER'S EMULSION . . . SAFE FOR HOME USE in relieving throat distress due to upper respiratory affections

The safety of medication prescribed for administration by the patient is of the utmost importance to physicians during this period of national emergency . . . conservation of the doctor's time is essential. As a valuable aid in the management of cough due to colds and allied respiratory involvements, Angier's Emulsion is both safe and dependable.

### SAFETY ADVANTAGES INCLUDE—

- Free from habit-forming drugs, sugars, alcohol and harsh, dehydrating cathartics. Equally safe for infants, aged and diabetic patients.
- Will not impair the appetite nor induce nausea or gastric upset. Valuable in convalescent cases.
- Too large or too frequent doses will not result in harmful reactions. No unfavorable cumulative effect when taken over prolonged periods.
- Infinitesimal dispersion of the high viscosity mineral oil content aids in regulating bowel movement without the complication of leakage or depletion of body fluids.

Request a trial supply for examination purposes

## ANGIER CHEMICAL CO.

Boston Massachusetts

you are engaged at the moment.

The picture may appear with a short clipped manner of speaking; quick, jumpy steps; hasty, rushed meals; irritation at trifles and tendency to be impatient of delays. If this picture applies in any part to you, then the time has arrived to check on your general health habits. Are the arms of your personal cross symmetrical? Are mental worries besetting you to such an extent that you cannot rest your mind either day or night?

If there is no organic disease and your physician gives you a clean bill of health, then look for a hobby, take a walk in the country or do any number of things, but change the general routine of your life to erase the gnawing of fatigue that may undermine your efficiency at a time when it is an essential product of your own making.

## Apathy in Argentina

[Continued from page 18]

relations. Hitler silenced a substantial section of his Argentinian critics simply by appointing an Argentine to his cabinet. American nursing can likewise assure itself support within Argentina by naming a few Argentine nursing authorities to posts with North American health departments and organizations.

If Argentina hasn't been the *buen vecino* it should be, there is another reason: Many Argentinians fear that the advantages of American-Argentine accord would all lie with the United States. Washington is now striving to rectify this wrong impression. Its latest good-will endeavors stress *mutual* participation—and mutual benefits. In nursing, the Pan-American Sanitary Bureau is showing the way with what might be termed "good-will-tours-in-reverse." While the Bureau continues to send nursing representatives to Latin America, it also invites Latin American nurses to the United States. Two of its

**you'll never  
forget this  
MAYFAIR VALUE**

— you'll never forgive your-  
self if you don't buy it now,  
while this quality and  
workmanship are still  
available

**ROYAL POPLIN**  
Choice of  
SHORT and  
LONG Sleeves

**\$2.98**

White only. Sizes 12 to 42  
No. 1236 Long Sleeves No. 1246 Short Sleeves

★ Set-in Belt ★ Tucked Front  
★ Convertible Collar

★ SPECIAL! limited quantity — White  
Cotton hose, full fashioned...\$.15 pr.

**MONEY BACK GUARANTEE**  
We pay postage if money is sent with order

MAYFAIR UNIFORM CO., Dept. RN  
1261 Broadway, New York

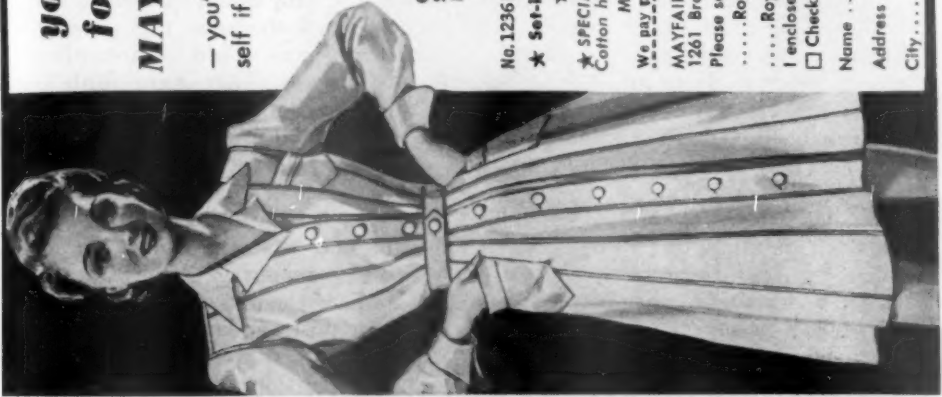
Please send me:  
.....Royal Poplin, No. 1236, size.....  
.....Royal Poplin, No. 1246, size.....

I enclose \$.....  
☐ Check ☐ Cash ☐ Money Order

Name .....

Address .....

City..... State.....



*Are you too tired to eat?*



Then something is needed to stimulate your  
appetite and help you regain a normal desire  
for food.

If you do not eat properly, you will soon get  
run-down and become an easy victim for any  
cold or influenza germ you may meet. In these  
days when nurses are even more valuable to  
the community than usual, they owe it to them-  
selves and their patients to keep as fit as pos-  
sible all the time.

**GRAY'S COMPOUND**

when taken before mealtime will help you re-  
cover an appetite, and rational eating will give  
you the nourishment and vitamins essential to  
restoring a feeling of well-being.

**THE PURDUE FREDERICK COMPANY**  
Dept. R.N.-1 135 Christopher St., New York

recent guests were from the Argentine—Nurses Amalia Urquiola and Her-  
cilia Rodriguez-Brizuela. They spent  
eighteen months observing details of  
the American war-nursing effort. So  
impressed were the *senoritas* by what  
they saw, moreover, that they are—at  
this writing—spreading their enthusi-  
asm in a lecture-tour of Argentina, Bo-  
livia, Colombia, Ecuador, and Peru.  
Coming from one Latin American to  
another, their words can be relied upon  
to carry more weight than if spoken by  
“gringos with an ax to grind.”

Before projects like the above will  
pay worthwhile dividends, they will  
obviously have to be multiplied many  
times, over several years, in a score-or-  
more countries. This automatically  
raises the question of expense. Can a  
profession traditionally as poverty-  
stricken as nursing finance its own Lat-  
in-American policy? Probably not. Al-  
though no estimates are obtainable on  
this point, experience with good-will  
promotion invariably underlines its  
heavy cost. Thrifty Teutons though they  
be, the Nazis have had to shell out stag-  
gering sums to keep their Latin-Ameri-  
can followers toeing the party-line.  
Propaganda in Argentina alone is re-  
ported to set them back \$3,000,000 a  
year—and maintaining their Embassy  
another annual \$1,562,000!\* Figures  
like these explain why responsibility  
for improving nursing relations be-

tween the Americas will probably re-  
main largely in government hands.

“What of the A.N.A.?” you may say.  
“Can it lend a hand in furthering nurs-  
ing’s good-neighbor program?”

Argentine nurses familiar with the  
work of this amazing organization—it  
has no equal in Latin America—will  
reply with a resounding “Si!” They  
would like to see the A.N.A. establish  
closer ties with South American nurs-  
ing societies—because they are sure  
their own status would be strengthened  
in the process. They have faith that  
A.N.A. conventions, were they made  
intercontinental, would be valuable me-  
diums for enhancing understanding  
among nurses of this hemisphere. They  
think that A.N.A. officers, through their  
institutional contacts, are in an ideal  
position to encourage American hospi-  
tals and universities to found scholar-  
ships for postgraduate study by Latin-  
American R.N.s. Most of all, they would  
welcome creation of an A.N.A. Pan-  
American Publicity Committee to sup-  
ply Latin American newspapers and  
magazines with accurate information  
about American nursing. To reach the  
widest possible audience, this material  
would have to be presented in Spanish  
—which suggests that the best contri-  
bution the individual American nurse  
can make at this time is to learn our  
language.

So much for what you can do for us.  
What are we doing for ourselves?

Several portents of a brighter future

\*The U.S. Embassy in Argentina, however, gets  
by on \$120,000 annually.

SEND FOR SAMPLES  
HOLLINGS-SMITH CO.  
Orangeburg, New York  
RN 1-43  
Name .....  
Street .....  
City .....

Sample Carbox Bell, please.

“My little girl eats  
them like candy”

says a New York phy-  
sician.

A 6 grain tablet of so-  
dium bicarbonate and  
aromatics so palatable  
the patient doesn't know  
he is taking soda—does  
know he receives almost  
instant relief.



JAN.—R.N.—1943



TO PROMOTE  
COMFORT...

*Do as generations of R.N.'s have done*

ADVISE gargling and spraying with Glyco-Thymoline to help soothe and heal irritated membranes of the nose and throat. This gentle but effective alkaline solution has been in approved use in many hospitals and private practice for over fifty years—an enviable reputation for *any* product.

Glyco-Thymoline will add greatly to patient's comfort. Its pleasant taste and cleansing, soothing action will be welcomed frequently by ambulatory or bed patients.

In relieving the discomfort of common colds and ordinary sore throats, Glyco-Thymoline is recommended and used by many physicians and nurses. Excellent as an oral freshener.



*Especially recommended  
as a  
vaginal douche*

**GLYCO-THYMOLINE**

IT'S EVERYWHERE



M. BURNEICE LARSON, *Director*

The time is NOW. The place is where you would be doing the BIGGEST JOB you're able to do. The way is US.

1943 finds our files overflowing with demands for RN's ready to shoulder responsibility over and above the call of duty! You probably won't be decorated publicly for the job you do. But you'll reap a rich reward professionally because of the precious hours of experience in the phase of nursing you hug most closely to your heart.

Drop us a postcard today—bearing your name and address. We'll mail you our analysis sheet, which properly completed will enable us to introduce to you rare opportunities . . . opportunities which will mark the beginning of your own success story.

Be sure to mention that you're an RN. Our service is nationwide—our correspondence strictly *entre nous*.

**M. BURNEICE LARSON**

*Director, THE MEDICAL BUREAU*

*Palmolive Building*

*Chicago*

can be noted on Argentine nursing's horizon. One is the allotment of \$300,000,000 to modernize Argentina's Army and Navy. A goodly portion of this sum, it is anticipated, will be devoted to modernizing nursing—if for no other reason than to meet the expanding nursing demands of the armed forces. Secondly, the government of Buenos Aires province has at last heard the profession's plea for resident nursing-schools. It has promised to designate a hospital for this purpose; the predecessor, it is hoped, of others to come. Thirdly, Argentine nurses are heartened by the predictions of impartial political observers that the Castillo administration will soon be an unpleasant memory. Its Axis-approved "neutrality" never has had popular backing;† the 1943 Presidential elections are expected to see it scrapped for the all-out Americanism advocated by Argentina's Liberals. By bringing Argentina unequivocally to the side of its sister American republics, such a change would do much to speed the arrival of the day when all of American nursing, from the Bering Straits to the *Tierra del Fuego*, will be one happy family.

†President Castillo was *not* elected by the people. He assumed office upon the serious illness of elected-President Roberto Ortiz, whose recent death dealt a damaging blow to the United Nations' cause in Argentina. Ortiz' pro-Americanism won him the nickname of "Friend of the Democracies."

## Women in industry

[Continued from page 25]

that must be kept between intimacy and aloofness, you would not expect a worker to address you as "Helen" nor should you call her "Jane."

The second skill is *personal integrity*. Your group should feel "safe" with you. The work of months can be undone by a thoughtless comment that betrays someone's confidence. Remember that casual remarks made by a person who is important to the group have a lasting influence.

The third is *imagination*, which

JAN.—R.N.—1943



# *Intensified Muscular Effort..*

THE RIGORS OF WINTER . . .

AND MYOSITIC PAIN

Many workers, heretofore unaccustomed to the muscular effort required of them in defense and other plants, will develop painful myositic and rheumatoid conditions with the advent of cold weather. For prompt and prolonged control of these uncomfortable and often incapacitating affections, Baume Bengué effectively provides the relief needed. Its menthol and methyl salicylate induce a marked active hyperemia which removes toxic metabolites from involved joints and muscles. Systemic absorption of the salicylate contributes further to its analgesic influence.



## *Baume Bengué'*

ANALGÉSIQUE

THOS. LEEMING & CO., INC., 101 WEST 31ST STREET, NEW YORK, N. Y.

gives you power to see below the surface, adding warmth to your words and attitude, and the ability to make people confident that you understand how they feel. You will have to feel the growing pains of the adolescent, the job insecurity of the middle-aged, the pain of the parents whose children show neither love for home nor for age-old institutions.

Dr. Luther Gulick, in speaking of working with people as a counselor, said: "If you are talking *with* a person, giving orders to a person, planning for or making use of someone who is living in a world—or feels she is living in a world—of which you are ignorant, is it possible that what you say to her, what you plan for her will have the same meaning it has for you? How shall you appeal to sentiments you do not know?"

The fourth skill is the ability to *put an idea across*. This implies being able to talk but even more, being able to *listen*. Perhaps you feel that too few people believe that working hours can hold satisfaction and happiness. The Tom Sawyer philosophy that "work is everything a body is obliged to do and play is everything a body is not obliged to do" is a distorted childish attitude that may have been learned around the supper table as parents complained of the hardships and weariness of the work day.

Personal health habits, dietary weaknesses and extravagant spending may

be more easily discussed with the group as a whole. There is less chance of personal affront than when such points are made the object of an individual conference.

Where do you find yourself handicapped? Is it in the matter of words in which to express yourself? Do you find it difficult to speak to small groups, or is it the personal interview you dread? Good courses in vocabulary building and public speaking would give you practical working material and self-confidence. A simple basic course in guidance would be a revelation and most of these courses are available in your nearest college, often in the evening.

Books are practical aids in showing how certain maladjustments occur and in giving suggestions for work with individuals. But it is often sounder to depend upon good commonsense and experience with people than upon wide reading about maladjustments and treatments which you must apply without supervision and advice. Some suggestions in the nature of warnings to the inexperienced counselor may help to avoid the mistakes of the person who tackles the job of giving advice on all fronts.

Try to see the problem always from the point of view and the feelings of the person who is seeking advice. The tendency of the average person is to interpret problems and behavior in the light of "what I would do were I in

## TO CURB A COLD AND EASE ITS DISTRESS

In providing a protective film to the nasal mucosa, 'Pineoleum' also gives safe vasoconstriction with soothing, cooling relief. That's because it contains camphor (.50%), menthol (.50%), eucalyptus (.56%), pine needle oil (1.00%), and oil of cassia (.07%) in a base of doubly-refined liquid petrolatum—plain or with ephedrine (.50%).

THE PINEOLEUM COMPANY • NEW YORK, N. Y.

Send for Samples

# PINEOLEUM

PLAIN OR WITH EPHEDRINE



REG. U. S. PAT. OFF.



## WHAT IS REQUIRED OF AN ANTISEPTIC?

● The two cardinal virtues of a good antiseptic, bactericidal potency and lack of toxicity, are exhibited by 'S.T. 37' Antiseptic Solution to a marked degree.

This outstanding preparation, used clinically for more than twelve years, is not only highly bactericidal and clinically non-toxic, but exerts a soothing local analgesic effect as well.

The low surface tension of 'S.T. 37' Antiseptic Solution increases its effectiveness by making possible the penetration of minute tissue spaces, and, since the preparation evaporates rather slowly, its action is prolonged for destruction of

resistant organisms.

'S.T. 37' Antiseptic Solution (1:1000 solution of 'Caprokol' hexylresorcinol) is not only an efficient surgical antiseptic but has proved particularly useful in the prevention or treatment of infection and relief of pain associated with minor cuts, burns and abrasions.

Moreover, it is oil-free, and may therefore be applied to the respiratory epithelium without danger of producing lipid pneumonia.

Finally, 'S.T. 37' Antiseptic Solution is odorless and colorless, and can be safely swallowed in full strength. Supplied in bottles of 5 and 12 fluidounces.

**'S.T. 37' ANTISEPTIC SOLUTION**

*Sharp & Dohme*  
PHILADELPHIA



# NEW Uniforms for the NEW Year...

Here's  
Economy  
in  
Price  
**\$3.50**  
and up



Style 222

Here's  
Style and  
Quality  
**32**  
Exclusive  
Fashion  
Modes  
Sizes  
12 to 44

This is just one of the latest style creations in Manhattan's 1943 Fashion Parade . . . all exclusive models expertly tailored to combine smart distinctive appearance with many features for your comfort and freedom of movement.

Manhattan's low prices challenge comparison *anywhere*. And you may add to this the extra economy of the fine durable fabrics you get . . . Poplins, Broadcloth, or Sharkskin . . . especially selected to launder beautifully and to hold their crisp freshness through long wear.

When you see them illustrated in Style Guide R.N. 143 and examine samples of materials, you will decide you can treat yourself without extravagance to uniforms of distinction. Mail the coupon today.

**MANHATTAN MFG. CO., CHICAGO**  
509 So. Wabash Ave.

**FREE** Without cost or obligation, please send Style Guide R.N. 143 . . . and samples of materials.

Name . . . . .  
Address . . . . .  
City . . . . . State . . . . .

that situation." The realization that each person has to work out her problems in her own way and in accordance with her own experience and her own past ways of behaving, is something that sounds simple on paper but is almost impossible for the inexperienced person. The tendency to judge others in the light of our own standards and to advise them in terms of our own ideas of what is right and what is wrong is a pretty general one.

Beware of the tendency to try to solve other people's problems for them. To help and yet leave people free to make their own decisions, to advise and yet remember that the responsibility for decisions, must rest with the person concerned, is a hard job, even for the experienced. An adviser, solving a problem intellectually and a person living through a problem emotionally are two entirely different things. The adviser must keep remembering that the person in trouble must mull around and reach a solution the long way. She must not be impatient of the indecision that is the inevitable result.

The third warning is: Don't give advice with the expectation that it must be followed and don't react with impatience and annoyance if the advice isn't taken. The value that comes from personal contact of this kind results from an opportunity for discussing things with an unbiased and unemotional person. The worried one has a chance to see the thing from a slightly different angle. Advice, if given, should merely point out ways of solving a problem, leaving a person free to take it or leave it.

Finally, learn to listen. Learn to provide an atmosphere of kindness and willingness to withhold judgment that makes it possible for people to talk about their troubles. Inexperienced advisers want to arrive at solutions and feel that an interview has failed when it did not result in a plan for action. Many an interview, in which the trou-

## Here's a letter from Doctor Jones

... he's Captain Jones now ... says there's plenty of infant feeding at his Army Post and he always prescribes ...

**S-M-A\***  
INFANT FOOD



\* S-M-A, a trade mark of S. M. A. Corporation, for its brand of food especially prepared for infant feeding—derived from tuberculin tested cow's milk, the fat of which is replaced by animal and vegetable fats, including biologically tested cod liver oil; with the addition of milk sugar and potassium chloride; altogether forming an antirachitic food. When diluted according to directions, it is essentially similar to human milk in percentages of protein, fat, carbohydrate and ash, in chemical constants of the fat and physical properties.



S. M. A. CORPORATION • 8100 McCORMICK BOULEVARD • CHICAGO, ILLINOIS

## WANTED...

### SUPERINTENDENT OF NURSES:

Take charge of training school and general nursing program; college degree plus advanced work in nursing required; well-rated west central hospital; \$175, full maintenance.

### ANESTHETIST:

Unusually attractive appointment in well-rated Ohio hospital in desirable location; \$200, meals, laundry.

### OPERATING ROOM NURSE:

Excellent opportunity in western university hospital; \$155 monthly to applicant with graduate experience; periodic salary increases provided for.

### GENERAL DUTY NURSE:

Willing to work in surgery when necessary; 65-bed hospital in picturesque Washington State; starting salary \$120 and full maintenance.

*Aznoe's  
Woodward*

SERVING  
SINCE  
1896

**AZNOE'S WOODWARD  
MEDICAL PERSONNEL BUREAU**

Ann Ridley Woodward, Director  
30 N. MICHIGAN AVENUE, SUITE 422-C  
CHICAGO, ILL., U.S.A.

**"O-O-O-O MY FEET!"**

WHY SUFFER WITH FOOT TROUBLES THAT DRAG YOU DOWN? TIRED, BURNING, TENDER, ITCHING, PERSPIRING FEET OR CORNS AND CALLOUSES GIVE YOU THAT E-X-H-A-U-S-T-E-D LOOK.

**QUICK RELIEF!**

GET PROMPT RELIEF WITH EFFICIENT, SOOTHING JOHNSON'S FOOT SOAP—THE OLD TIME FAVORITE FORMULA OF BORAX, IODIDE & BRAN. SOFTENS CORNS & CALLOUSES.

Since 1870 JOHNSON'S FOOT SOAP Has Brought Relief to Millions

**JOHNSON'S FOOT SOAP**  
BORAX, IODIDE AND BRAN



bled person did all the talking and the helper did nothing, has been successful because the client went away more able to take some action about her difficulty. Many plans for action fail, not because they are poor, but because the client is not emotionally ready to act.

Put yourself in the other fellow's place—if you can. A personnel worker with a genius for dealing with people said to her five-year-old son: "I wouldn't do that if I were you." He came right back with "Yes, but I'm not you"—a lesson in a nut shell. John Buchan once said: "No experience can be too strange and no task too formidable if a man can link it up with what he knows and loves." On this hopeful note the case for guidance rests!

## Industrial rules

[Continued from page 27]

ing their department that the well-trained clinic personnel has taken charge and proper treatment is being given. Production continuity is paramount.

10. Women decline to wear sufficient clothing so that warmer rooms are needed for them, otherwise the efficiency of their work will suffer. Fuel and material shortages may force them to wear heavier garments.

11. Married women are now being hired by most firms. Our own rule is to accept them for the duration, if their husbands are in the combat forces. When the war is over, the wife may continue her work but not for over three months. Pregnancy is certain to present a problem many times—already has done so in my clinic. The Massachusetts Statutes permit a prospective mother to work at safe gainful employment until two weeks before term, and to resume one month after her baby has been born. Subterfuge may be used to obtain a position by misdating the last period. I know of no way to avoid the hiring of an al-

*Wait a minute!....*



*".....is that natural vitamin B complex you're taking to Dr. Olson's patient?"*

Most professional people supplement their diet with vitamin B complex because as Borsook states, "It is a tonic even in well people and stimulates without a letdown."

*Wyeth's*

**ELIXIR B-PLEX**

contains the natural vitamin B complex as found in a high grade brewers yeast, the richest source of the whole vitamin B complex. Samples on request.

"Of course it is, silly! Ever since the staff met to select preferred medication, the pharmacy has been supplying B-Plex on all orders for vitamin B complex."

*Wyeth's\**

**ELIXIR B-PLEX\***  
THE NATURAL VITAMIN B COMPLEX

Supplied in 8 oz. bottles

\*Reg. U. S. Pat. Off.

**JOHN WYETH & BROTHER, INC., PHILADELPHIA**

ready pregnant woman, other than the expensive Zondek-Aschheim test which is usually accurate by the third week. Most firms would choose to avoid such costly tests and a very early pregnancy would be missed anyway. The problem then boils down to the question of how long should employment be permitted. My personal opinion is for not over six months, with work resumption one month after confinement. Her job may need a change to fit this condition and the nurse and physician should recommend it as soon as the diagnosis is established.

12. I do not believe that women gossip any more than do men. Rumor comes as often to my attention from a department of men as from one in which women predominate. We are in a global war. The only safe subjects about which women's conversation may be free are those of clothing, cosmetics, the month's best seller, the current moving pictures, or that universally harmless subject—the weather of the past day or week.

### Blood plasma

[Continued from page 32]

necessary surgical procedure, with the postoperative course usually being smoother than without preoperative use of plasma. Many surgeons term plasma

"the only solution given intravenously that approximates the result obtained with whole blood."

The need for plasma in hemorrhage can be readily seen, not alone for replacement of needed fluid and blood nutrients, but also for prevention and treatment of the shock which is so often a concomitant of hemorrhage. One writer advocates the administration of plasma as an emergency measure in acute blood loss, to be followed by transfusion of whole blood, so that both fluid and cellular content may be reinforced.

Burns represent another major indication for use of plasma as a great quantity of this blood fluid is often lost through the denuded epithelial surfaces. Here, too, shock may be present. "The best means of replacing the fluid loss due to thermal trauma is plasma," according to Harkins.

As to dosage, this is largely a matter to be decided by the physician or surgeon, and varies with each individual patient. The American Medical Association recommends that plasma, whole or restored, be given in amounts equivalent to those employed in the transfusion of whole blood, bearing in mind that the plasma represents approximately one-half of the total volume of whole blood. The average case of traumatic shock in a large municipal hos-

USE  
**LAVORIS**

Keep The Mouth  
And Throat Clean

A SIMPLE TEST—Rinse mouth and throat thoroughly with Lavoris diluted half with water, and expel into basin of clear water. Note the amount of stringy matter expelled.

*When you can't see your dentist*  
**..KNOW THE BEST WAY  
TO RELIEVE A  
TOOTHACHE?**



That's easy—use POLORIS, of course. For over 30 years the dental profession has prescribed POLORIS for toothache, discomfort after tooth extraction and other emergency dental pain.

Dental pain is usually a local condition caused by congestion and poor circulation, and calls for special local treatment—POLORIS.

POLORIS is actually a Dental Poultice, easily applied between cheek and gums. POLORIS' counter-irri-

tant action stimulates circulation and promptly relieves the congestion which causes painful discomfort. Unlike analgesic Tablets and Powders, POLORIS works *locally* not *systemically*. It won't help a cold or cure a headache. POLORIS is designed solely to give prompt, safe, effective relief to anyone suffering from agonizing dental pain.

For **FREE SUPPLY** of POLORIS Dental Poultices write to:  
POLORIS Company, Inc., Dept. 9-A,  
12 High Street, Jersey City, N. J.

**RECOMMENDED BY OVER 40,000 DENTISTS**



**POLORIS**  
DENTAL POULTICE

**WHAT POLORIS IS**

POLORIS is a scientifically proven dental aid that acts on the medically accepted principle of counter-irritation. Its formula appears on every package. POLORIS has never been advertised to the general public. Its entire business has been built through close cooperation with the dental profession.

pital has required 1,100 c.c. of undiluted plasma. Strumia and McGraw advise a usual initial dose of 500 c.c. of undiluted plasma with additional quantities given as required to raise and maintain an adequate volume of circulating blood as evidenced by satisfactory pulse, blood pressure, and blood concentration readings. When the distilled water of a field unit is added to the dried plasma, 250 c.c. of liquid plasma equal to the undiluted plasma is obtained.

Severe burns and hypoproteinemia almost always demand large amounts of plasma and the patient's response is the arbiter of dosage in both conditions.

One report on the high safety index of plasma may be in order. A team of clinicians using this therapy on 276 hospitalized patients encountered only five febrile reactions, all of the pyrogenic type. The disorders treated were shock, burns, protein depletion, edemas, head injuries, and toxemias of pregnancy. The relative freedom from reac-

tions with plasma must be considered in relation to the constant risk of severe and fatal complications with whole blood transfusions.

#### PREPARATION OF PLASMA

The preparation of a stable dehydrated human blood plasma is a true epic of the American laboratory. Here is how it is being prepared in pharmaceutical laboratories of the U.S. The Red Cross, which is in charge of procuring plasma for our Army and Navy, collects blood from donors at bleeding centers or in mobile units. About one pint of blood is drawn from each donor and this goes into a bottle prepared with a citrated solution. After a number of such pint bottles have been collected the whole blood is kept refrigerated for up to 24 hours. Then the blood goes to the pharmaceutical laboratories which will process it. After proper serologic tests are performed on each donor's blood, the bottles containing the satisfactory donations are centrifuged at high speed. This separates the plasma, which remains on top

## FROM COLLAR TO HEM . . . .

**More QUALITY DETAILS  
Than Any Other Uniform  
At This Price!**

### NURSECRAFT'S "LADY CHARM"

A carefully styled, practically smart uniform . . . designed for long, hard wear . . . skillfully tailored in durable fine quality Sanforized-Shrunk Poplin.

Order with confidence . . . if you are not satisfied, return garment immediately and your money, plus return postage, will be cheerfully refunded.

"Lady Charm" Model No. 255. In sizes from 12 to 38, also 11, 13, 15.

Fine quality sanforized-shrunk Poplin . \$3.95  
Beautiful crisp Sharkskin . . . . . 5.50  
Exquisite KODA-RAY® . . . . . 5.95

**\$3.95**

Can't be  
Duplicated

Modified Puff  
Sleeves—Extra  
Large Sleeve  
Opening for Easy  
Turning-Up.

Detachable Pearl  
Buttons.

3 Fine Pleats for  
Flattering Full-  
ness.

\*Eastman  
Acetate  
Rayon



Chic Convertible  
Low or High  
Neck (see sketch  
below).

Wide-yoke Set-  
in Belt Sends  
Shapely Skirt  
Smoothly Over  
Hips.

Convenient Side  
Opening.

4-Piece, Bias-  
Cut, Action-  
Flare Skirt.

#### FREE:

Write Nursecraft  
Uniforms, 120  
East 59th St.,  
New York City,  
for our latest  
uniform fashion  
Catalog, R-1.

**NURSECRAFT INC. UNIFORMS**  
**120 EAST 59TH STREET, NEW YORK CITY**

Stores also at:  
Newark, N. J. Philadelphia, Pa. Pittsburgh, Pa.  
835 Broad St. 1001 Chestnut St. 2119 Jenkins Arcade



## Industrial nurses have added burdens

**N**URSES in industry are successfully meeting the problem of increased employment. Every hour is doubly busy and time for personal grooming is at a minimum.

MUM is ready to help you. It takes but a moment to apply this snowy-white cream deodorant to the underarms and other perspiration areas. Embarrassing odor of stale perspiration

is banished quickly.

MUM is non-irritating and stainless ...it will not interfere with normal sweat gland activity.

Have you used MUM for sanitary napkins?

Have you used MUM as a refresher for hot, tired feet?

Your patients, too, will appreciate MUM-conditioning. Send for literature.

*Bristol-Myers Company, 19-D West 50th St., New York*



# MUM

*takes the odor out of stale perspiration*

of the bottle as a comparatively clear liquid, from the red and white cells which settle on the bottom. Skilled workers syphon off the plasma and pool it in a large demijohn. A preservative is added to protect against possible deterioration. The pooled plasma is placed in the final containers after being checked for sterility (a check that occurs several times during processing), and frozen solid by means of a freezing solution. Still in the frozen state, the plasma is dried under high vacuum.

The complete field kit consists of the bottle of dried plasma in an air-tight can, a bottle of distilled water in another can, plus the necessary needles, clamps and tubing. . . all of these in a water-resistant cardboard box, ready to help save the lives of our soldiers, sailors, and marines.

## It's a small world!

[Continued from page 37]

served. I had lived most of my life in New York City, trained there, and been employed in one of the big hospitals after I finished training. I probably would have stayed there for the rest of my life, smugly metropolitan, if I hadn't been offered a job with new and interesting possibilities in a small hospital in upstate New York.

I'll never forget my first sight of that town (pop. 16,000). Cows grazed on the hill at the foot of Main Street.

People stared at me frankly, and I could almost hear them saying, "Aha, a stranger in town. Wonder who *she* is." I stopped in at the biggest of the three drug stores, and the clerk said, "Huh?" when I asked casually for a black-and-white soda. My Manhattan voice and accent evidently sounded as strange to the natives as their voices and accents did to me—and they sounded as if they had clothespins on their noses. The Great Open Spaces yawned all around me—the tallest building was only three stories high. For the first time in my life I was homesick and frightened, and I wanted desperately to take the next train home. But of course I didn't.

The hospital was out on the edge of town, surrounded by plenty of fresh air, grass, bees, flowers, and birds. Especially birds. They clattered around at dawn and didn't shut their beaks until sunset. All that pure oxygen in the air, plus the fact that I tried to look dignified and knowing (while I strained my eyes and ears to catch on to new ways of doing things) made it hard to keep awake on duty. Young and brash, I felt that my Manhattan background made me superior to "these hicks," but I lost the feeling after being cut down to my proper size a few times in a polite but decisive manner by those same "hicks."

In fact, everyone went out of their way, it seemed, to be nice to me. I was invited to join three churches, the

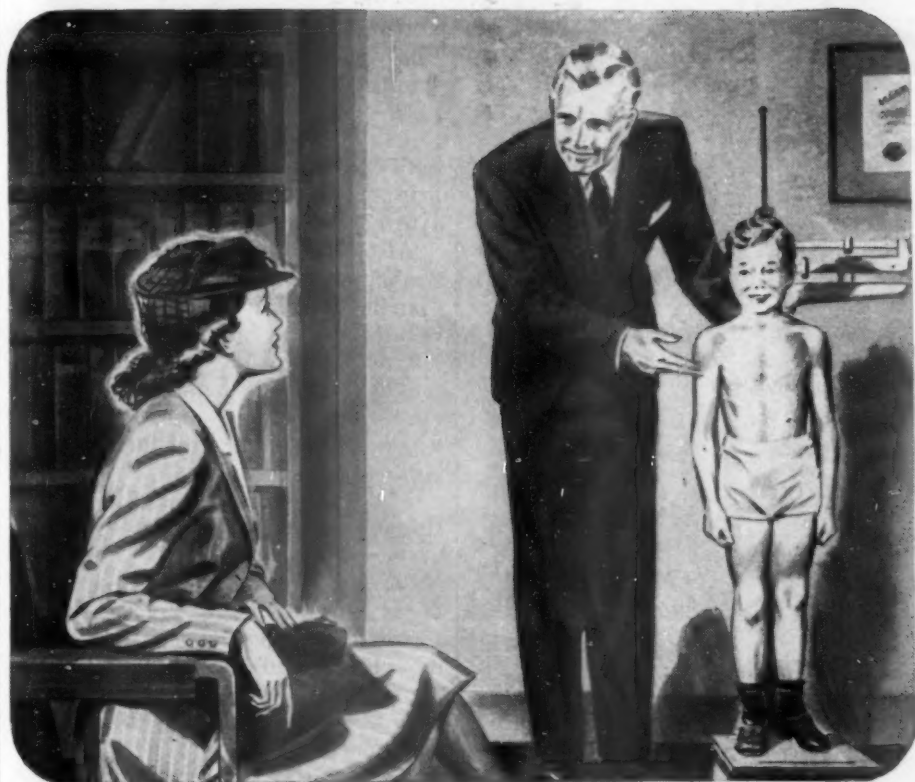
# Incotin



The ANALGESIC OINTMENT WITH THE WASHABLE BASE

Strong salicylic and hyperemic action due to highly concentrated formula—particularly effective in pain of muscle, nerve, or joint, and of congested throat or chest. Clean—stainless—washes off with water. Send for free samples.

**TAKAMINE**  
LABORATORY, INC.  
Clifton . . . New Jersey



**QUESTION:** *I find canned citrus fruit and tomato products very economical and convenient. Does a daily serving of these canned fruits take care of the recommended allowance for citrus fruits and tomatoes?*

**ANSWER:** Yes, either fresh or canned citrus fruit and tomato products may be used to take care of the recommendations of 3 to 7 generous servings per week of these fruits. The liberal use of these foods is based primarily upon their high ascorbic acid contents. By use of modern commercial canning methods, these fruit products are permanently sealed in cans under conditions very favorable for the retention of ascorbic acid content (vitamin C activity). Hence, the nutritive values of fresh or canned citrus fruits and tomatoes are essentially equal (1).

American Can Company, 230 Park Avenue, New York, N. Y.

(1) 1939, Food and Life; Yearbook of Agriculture  
U. S. Dept. Agriculture, U. S. Gov't.  
Printing Office, Washington, D. C.

1938, J. Am. Med. Assn. 110, 650.  
1940, J. Am. Dietet. Assn. 16, 891



The Seal of Acceptance denotes that the nutritional statements in this advertisement are acceptable to the Council on Foods and Nutrition of the American Medical Association.

# CAMPHO-PHENIQUE



*Physician,  
Nurse  
and  
Patient*

may expect  
Campho-Phe-  
nique Liquid  
to soothe the  
involved areas  
and encourage

healing when painted or  
swabbed regularly over mi-  
nor skin injuries or infections.

In the treatment of urticaria,  
eczema, intertrigo, athlete's  
foot and pruritus, medical  
men for years have recog-  
nized the prompt and pro-  
longed analgesic, antipruritic,  
antiseptic and decongestive  
action of Campho-Phenique.

## SEND FOR FREE SAMPLE

JAMES F. BALLARD, Inc.  
700 N. Second St., St. Louis, Mo.  
Send me samples of Campho-Phenique.

RN-6

R.N.

Address \_\_\_\_\_

City and State \_\_\_\_\_

Fortnightly Club, the Congenial Eight Bunco Club, and a half dozen other groups. I became an adopted member of the family at several family "reunions" where the relatives of my ex-patients gathered from near and far, bringing so much delicious food that I wished I were twins.

Also, I enlarged my vocabulary. Among other things I learned to say "jangle" instead of "quarrel;" I discovered that a "fried cake" is a doughnut; I found out that "toad-in-the-puddle" involves hamburger and potatoes, not biology; and I learned that a talkative woman "runs her tongue at both ends."

I had ceased yearning to see the sunset on the Empire State building every night when I was offered a still better job in an Illinois city, slightly larger than the New York State one. I wouldn't have gone, if I hadn't thought I could be of more service in the new job. But I said goodbye to my new friends, packed my bags again, and went.

I had to start my education all over again—new vocabulary, new techniques, new friends. In upstate New York I had lost some of my stand-offishness—a reserve built on the fear most Manhattanites have of interfering in another's affairs. But even my new friendliness was just a starter-offer compared to the Illinois way of doing things. Five minutes after I was introduced to some of my new associates they were calling me by my first name! Time didn't march on—it raced! Two days later they knew most of my family history and I knew theirs, skeletons and all.

I had chosen to live out on this job, and I started looking for an apartment so that I could broil my own steak when the mood hit me. I soon found I hadn't much choice in apartments, and I ended with two rooms remodeled from two back bedrooms of Mrs. Van Horn's mansion. Mrs. V.,

# INCREASING INTEREST IN CLINITEST

## *The New 1-Minute Tablet Test for Urine-Sugar*



1 IN THE LABORATORY

2 IN THE HOME

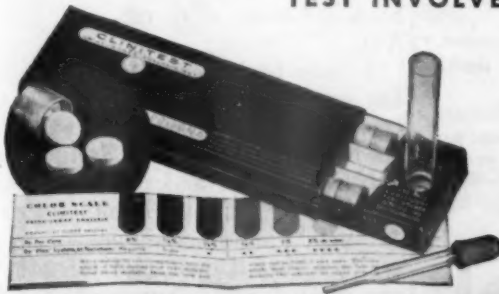
3 IN THE OFFICE

The invariable reaction to a demonstration of Clinitest is one of wonder that so *dependable* a test method could, at the same time, be so *simple* and so *speedy*. Naturally this has been reflected in a rapidly increasing demand for Clinitest Sets.

### *Some Advantages which Offer Special Appeal*

No external heating required • Active reagents in a single tablet • Standard fool-proof technic • Dependable—closely approximates Benedict's, Fehling's, Haines' tests • Indicates sugar at 0%,  $\frac{1}{4}\%$ ,  $\frac{1}{2}\%$ ,  $\frac{3}{4}\%$ , 1% and 2% plus.

### TEST INVOLVES 3 SIMPLE STEPS



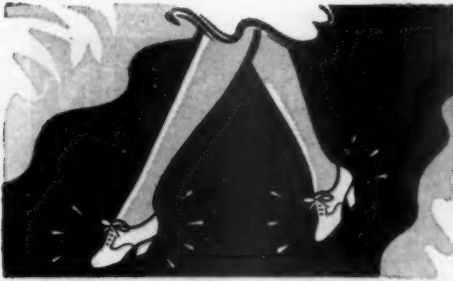
1 5 drops urine *plus* 10 drops water

2 Drop in tablet

3 Allow for reaction and compare with color scale

Available through your prescription pharmacy. Write for full descriptive literature.

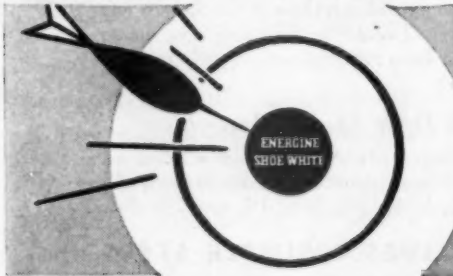
**EFFERVESCENT PRODUCTS, INC.**  
**ELKHART, INDIANA**



**A brand-new snow is not so white  
As are my shoes when they're cleaned right!**



**Energine Shoe White does the trick.  
A cinch to apply and it dries right quick!**



**No streaks, no smears—so easy and smart.  
Get Energine Shoe White, quick as a dart!**

**Energine Shoe White is bright white all through! Made of the whitest white pigment we can get. And it does not separate! Nurses everywhere are switching to this easy, effective way to clean and whiten shoes. Get the thrifty big bottle today. Try it and see for yourself!**

**ENERGINE  
SHOE  
WHITE**



who had known better days (as she constantly reminded me) liked the cash from her "paying guests" but that was about all she liked about us. She was still living in the good old days, mentally. We lived in the not-so-good new days—not enough hot water, beds by courtesy of Portland Cement Company, creaky chairs, tin bathtubs encased in mahogany.

Mrs. Van Horn knew what time I went out, where I went, who I went with, and what time I got home. Not inquisitive, of course—"I don't pry into other folks' business"—but she believed in keeping an eye and an ear on things and people, especially nurses with their broader outlook on life. . . But she wasn't the only one. My new beau and I hopped over to a town twenty miles away for a dance one night, and the next morning five people stopped me on the street and asked if I had had a good time.

But here—as in the town I had left and in those I lived in thereafter—people were extremely kind. And basically, everything was the same. People are people, no matter where they live, and hospital routine and procedure do not change a great deal any place on the globe. I was forever seeing someone who looked just like Old Mr. So-and-so in New York City, or that fat Mrs. Such-and-such who ran the Ladies' Aid.

I came back to the present to hear Jan explaining that Constance was with her husband, who is a Lieutenant-Colonel in Alaska, that Fay is doing general duty in Hawaii, and that Madeline is with the U.S. Public Health Service.

"Well, wherever they are," Ann was saying, "they'll do a real job of work and make friends. Nurses always do."

"Yes," I said to myself, "they always do. And if it's true that rolling stones gather no moss, ours is one of the unmossiest of professions. I, for one, would hate to be called 'an old moss-back.'"

# For Infant Diet—

This baby cereal offers 4 points of particular interest to pediatricians.

Developed in the Gerber laboratories, from a thorough study of infant dietary needs, Gerber's Strained Oatmeal, we believe, fulfills to a high degree the cereal requirements in infant feeding.



1. **Vitamin B<sub>1</sub> content.** One ounce of Gerber's Strained Oatmeal affords a minimum of 100 I.U. of Vitamin B<sub>1</sub>.
2. **Iron content.** An ounce of this baby cereal contains a minimum of 6 mg. of iron.
3. **Appetite appeal.** Its flavor and smooth creamy consistency after being mixed with milk or formula, make it readily acceptable to the taste of most babies.
4. **Low cost.** Like all Gerber products, Gerber's Strained Oatmeal is economical—within reach of most budgets.

**Gerber's**  
*Baby Foods*

CEREALS

STRAINED FOODS



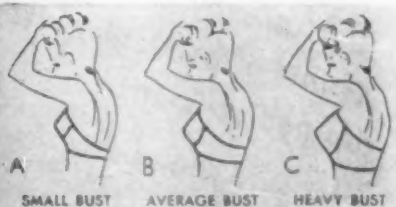
CHOPPED FOODS

GERBER PRODUCTS COMPANY  
Fremont, Mich.



## WARNER'S A'LURE\* ALPHABET\* BRAS

A stretchable bra that supports and holds the breasts softly and comfortably! Never binds or cuts—and actually feels as though it breathes with you! For all figures, in your favorite corset dept. \$2.50 and up. The Warner Brothers Co., Bridgeport, Conn.



\*Reg. U. S.  
Pat. Off.

ALSO { WARNER'S The jersey shield that prevents painful chafing be-  
CHAFEZE\* tween the legs. Ask for it by name in corset depts. \$1.25

### THE USE OF



## Soothing Resinol BRINGS DOUBLE SATISFACTION!

First, *to the patient*, because Resinol acts quickly to allay the suffering of irritated skin, often so difficult to bear. Second, *to the nurse*, because the dependability of Resinol, proved through 45 years' use, simplifies her own problem of helping the patient to rest as comfortably and cheerfully as possible.

Bland, soothing Resinol Ointment may be applied freely on all skin surfaces. Use it to relieve itching and burning of eczema, pressure sores, chafed spots or rectal and vulval irritation, and wherever a soothing dressing is needed. And remember to try Resinol Soap, too, for cleansing and bathing the skin. It is extra pure, and delightfully refreshing; especially agreeable for sickroom use.

For a professional sample of Resinol Ointment and Soap, write to Resinol Chemical Co., R. N. 23, Baltimore, Md.

1 1/4 ounce and  
3 1/2 ounce jars

# RESINOL

At all  
druggists

# Positions Available

*Want a job? You may find it listed on these pages. To apply, write a separate application for each opening and address each one to the correct box number, care of R.N.—A JOURNAL FOR NURSES, Rutherford, N. J. R.N. does not conduct an employment service. It merely forwards your inquiries to placement bureaus and individual employers. Send no money with application. Bureaus requiring a fee will bill you. ANSWER JOB ADVERTISEMENTS PROMPTLY!*

**ADMINISTRATOR:** East. Interesting opportunity in hospital now under construction to supervise purchase of equipment, employment of personnel. Experienced candidate required. Salary, \$5,000 annually. (Placement bureau charges \$2 registration fee.) Box C125.

**ADMINISTRATOR:** Illinois. Immediate opening for superintendent of general 50-bed hospital. Salary, \$2,500—\$3,000 annually. (Placement bureau charges \$2 registration fee.) Box MB1-1.

**ANESTHETIST:** California. Opening in large general hospital employing eight anesthetists. On call one week out of four. Salary, \$200. (Placement bureau charges \$2 registration fee.) Box MB1-2.

**ANESTHETIST:** Cleveland area. Attractive appointment in well-rated hospital. Starting salary, \$160; full maintenance. Assurance of increase as warranted. (Placement bureau charges \$2 registration fee.) Box C126.

**ANESTHETIST:** East. Vacancy in general 200-bed hospital in metropolitan area. Salary, \$150; maintenance. (Placement bureau charges \$2 registration fee.) Box MB1-3.

**\*ANESTHETIST:** East. Vacancy in oral surgeon's office. Short hours, good salary; two weeks' vacation with pay. Box KW1-43.

**ANESTHETIST:** West. Opening in general hospital of 100 beds; no obstetrics. Salary, \$150; maintenance. (Placement bureau charges \$2 registration fee.) Box MB1-4.

**ASSISTANT PRINCIPAL, NURSING SCHOOL:** East. Appointee to supervise clinical instruction, accredited training school in fully approved New England hospital; degree and experience desirable qualifications. Salary open. (Placement bureau charges \$2 registration fee.) Box C127.

**CHIEF DIETITIAN:** South. Opening on staff of well-rated hospital attractively located in large city. Starting salary, \$150; full maintenance. (Placement bureau charges \$2 registration fee.) Box C128.

**CLINIC NURSE:** California. Appointment in connection with hospital. Clinic open half days four days weekly; full-day once weekly. Salary open. (Placement bureau charges \$2 registration fee.) Box C129.

**DIRECTOR OF NURSES:** East. Experienced executive needed in 150-bed general hospital. Degree required. Fifty students in nursing school. Salary, \$200; maintenance. (Placement bureau charges \$2 registration fee.) Box MB1-5.

**DIRECTOR OF NURSES:** Midwest. Appointee to act as principal of school of nursing in 200 bed hospital. Salary, \$175; maintenance, including two-room apartment. (Placement bureau charges \$2 registration fee.) Box MB1-6.

**DIRECTOR OF NURSES:** Midwest. College graduate with teaching and executive experience required in hospital group. Salary open; will include excellent living quarters. (Placement bureau charges \$2 registration fee.) Box C132.

**DIRECTOR OF NURSES:** South. Degree and teaching ability required. Young woman preferred. Will have well-qualified assistant. Salary open. (Placement bureau charges \$2 registration fee.) Box C133.

**EDUCATIONAL DIRECTOR:** Midwest. Opening in well-rated hospital in Chicago area with accredited training school. Salary \$150; full maintenance. (Placement bureau charges \$2 registration fee.) Box C134.

**\*GENERAL DUTY NURSE:** East. Opening for Pennsylvania registered nurse, tuberculosis sanatorium. Salary, \$82.50; maintenance. Box GV1-43.

**GENERAL DUTY NURSE:** Washington. Opening in general hospital. Eight-hour duty; forty-eight hours off weekly. Salary, \$105; maintenance and transportation allowance. (Placement bureau charges \$2 registration fee.) Box MB1-7.

[Turn the page]

\*Not listed by placement bureau.

**GENERAL DUTY NURSE:** West. Vacancy in large university hospital located in West Coast city. Salary, \$140, with periodic increases. (Placement bureau charges \$2 registration fee.) Box MB1-8.

**\*GENERAL DUTY NURSES:** New York. Opening in tuberculosis hospital. Salary, \$105; complete maintenance. Increase \$5 per month after six months, plus \$5 increase at end of year. Box BS1-43.

**\*GENERAL DUTY NURSES:** New York. Openings in hospital in Westchester County. Salary: Eight-hour day duty, \$80; full maintenance; eight-hour night duty, \$85; full maintenance; \$20 extra for living out. Box LH1-43.

**GENERAL DUTY NURSES:** West. Appointment in university hospital. Salary, \$140; increase each six months to maximum of \$155. (Placement bureau charges \$2 registration fee.) Box C136.

**INDUSTRIAL NURSE:** California. Opening in 300-bed general hospital, maintained for treatment and care of injured employees large defense plant. Excellent salary. (Placement bureau charges \$2 registration fee.) Box MB1-9.

**INSTRUCTOR:** Illinois. Appointee will act as educational director in 150-bed hospital; some teaching duties. Salary, \$150; maintenance. (Placement bureau charges \$2 registration fee.) Box MB1-10.

**INSTRUCTOR, CLINICAL SURGICAL:** East. Opening on staff of well-rated hospital with accredited training school. Salary open. (Placement bureau charges \$2 registration fee.) Box C130.

**INSTRUCTOR NURSING ARTS:** South. Opening in recently established training school. Will pay well; provide full maintenance. (Placement bureau charges \$2 registration fee.) Box C143.

**INSTRUCTOR, SCIENCE:** California. Opening in large general hospital. Salary, \$175. (Placement bureau charges \$2 registration fee.) Box MB1-11.

**OFFICE NURSE:** Southeast. EENT specialist seeking nurse trained or experienced in orthotics, refractions, and visual fields. Should be mature; know how to handle patients. Will pay well. (Placement bureau charges \$2 registration fee.) Box C145.

**OPERATING ROOM NURSE:** California. Candidate required for large hospital offering many advantages. Salary, \$145 without graduate experience, increase in six months to \$155; graduate experience, \$155 starting salary, increase in six months, \$160; maximum \$165. (Placement bureau charges \$2 registration fee.) Box C146.

**\*PARTNER:** New York. For established, small convalescent home. Excellent prospects. P.O. Box 333, Manhasset, N.Y.

**PUBLIC HEALTH NURSE:** East. Candidate required for large general hospital to assist in developing community program. Salary, \$125; maintenance. (Placement bureau charges \$2 registration fee.) Box MB1-12.

**\*PUBLIC HEALTH NURSES:** Two, needed for children's camp in Maine for July and August, eight and one-half weeks. Sixty children, between five and twelve. Salary, \$75 for the season. Complete experience history and photograph (will be returned) required. Interviews may be arranged in New York or Boston. Box SFC1-43.

**SCHOOL NURSE:** Pennsylvania. Newly created position in community maintaining three schools; total enrollment of 750 students. Salary, \$1,800 per year. (Placement bureau charges \$2 registration fee.) Box MB1-13.

**SUPERINTENDENT OF NURSES:** West. Opportunity in fully approved 250-bed general hospital. Excellent salary for qualified candidate. (Placement bureau charges \$2 registration fee.) Box MB1-14.

**SUPERVISOR, COMMUNICABLE DISEASES:** South. Candidate must be well qualified with post-graduate training in communicable diseases. Unusually interesting appointment in large training school. Salary open. (Placement bureau charges \$2 registration fee.) Box C131.

**SUPERVISOR, FLOOR:** Illinois. Opening in well-organized hospital within fifty-mile radius of Chicago. Salary dependent upon qualifications. (Placement bureau charges \$2 registration fee.) Box C137.

**SUPERVISOR, MEDICAL AND SURGICAL:** Candidate required to follow up work on floors; handle teaching program in medicine and surgery on staff of New England hospital. Degree and experience desirable. Salary open. (Placement bureau charges \$2 registration fee.) Box C141.

**SUPERVISOR, NURSERY:** Ohio. Opening in department accommodating 50 babies. Eight-hour shift. Salary, \$115; meals and laundry. (Placement bureau charges \$2 registration fee.) Box C142.

**SUPERVISOR, OBSTETRICAL:** East. Teaching duties in large department, accommodating 80 patients. Salary, \$125-\$140; maintenance. (Placement bureau charges \$2 registration fee.) Box MB1-22.

**SUPERVISOR, OBSTETRICAL:** South. Vacancy in recently established training school in well-rated hospital. Salary open; full maintenance. (Placement bureau charges \$2 registration fee.) Box C144.

**SUPERVISOR, OBSTETRICAL:** Southwest. Opening in 200-bed general hospital. Salary, \$140; meals, laundry. (Placement bureau charges \$2 registration fee.) Box MB1-15.

**SUPERVISOR, OPERATING ROOM:** Illinois. Post graduate work required. Opening in 150-bed general hospital. Salary, \$125; maintenance. (Placement bureau charges \$2 registration fee.) Box MB1-16.

**SUPERVISOR, OPERATING ROOM:** South. Unusually competent candidate for busy department averaging twenty-five operations daily, well-staffed. Eight-hour day. Salary, \$150; maintenance. (Placement bureau charges \$2 registration fee.) Box C147.

**SUPERVISOR, PEDIATRIC:** Illinois. Candidate with teaching ability required for 29-bed unit in hospital with college affiliation. Salary open. (Placement bureau charges \$2 registration fee.) Box C148.

**SUPERVISOR, PEDIATRIC:** New England. Appointee to act as clinical instructor in pediatrics. New pediatric building of 70 beds in large general hospital. Salary, \$130. (Placement bureau charges \$2 registration fee.) Box MB1-17.

**SURGICAL NURSE:** West. Opening in surgical department large university hospital. Salary, \$155. (Placement bureau charges \$2 registration fee.) Box MB1-18.

**SURGICAL NURSE:** West. Large university hospital has vacancy in surgical department. Salary, \$155. (Placement bureau charges \$2 registration fee.) Box MB1-21.

\*Not listed by placement bureau.

**SUTURE NURSE:** New York. Opening in 124-bed hospital. Westchester County. Salary, \$95 living in; \$115 living out. LHB-1-43.

**TECHNICIAN, X-RAY:** Midwest. Opening in large ordinance plant. Opportunity for advancement. Starting salary, \$200. (Placement bureau charges \$2 registration fee.) Box MB1-19.

**TECHNICIAN:** New York. Laboratory technician wanted in modern well-equipped laboratory in approved general hospital. Salary, \$150. (Placement bureau charges \$2 registration fee.) Box MB1-20.

## Where to find our advertisers

Alkalol Company	56
American Can Company	87
Anacin Company	43
Angier Chemical Company	70
Arriad	58
Aznoc's-Woodward Medical Personnel Bureau	4, 80
Ballard Company, James F.	88
Bayer Company	45
Becton, Dickinson & Company—Inside front cover	
Belmont Laboratories, Inc.	63
Bernard Manufacturing Company	64
BiSoDol Company	10
Block Drug Company	83
Bonne Bell	69
Bristol Myers Company	49, 67, 85
Burroughs Wellcome & Company, Inc.	60
Business & Medical Registry	95
Camel Cigarettes	9
Cash Inc., J. & J.	56
Effervescent Products, Inc.	89
Energine Shoe White	90
Ex-Lax, Inc.	48
Gerber Products Company	91
Griffin Mfg. Company	54
Hart Drug Corporation	60
Hawaiian Pineapple Company	55
Health Appliance Company	4
Hoffmann-La Roche, Inc.	41
Hollings-Smith Company, Inc.	64, 72
Horlick's Malted Milk	3
Hygeia Nursing Bottle Company	46
Johnson's Foot Soap	80
Johnson & Johnson	51, 65
Iodine Educational Bureau	52
Knox Gelatine Company	66
Kress & Owen	73
Lavoris Company	82
Leeming & Co., Inc., Thos.	75
Lever Brothers Company	57
Linde Air Products Co.	6
Lorate Company, Inc.	61
Manhattan Manufacturing Company	78
Mayfair Uniform Company	71
Mennen Company	7
Medical Bureau	74
Medicome Company	Inside back cover
Musterole Company	50
National Dairy Products Corp.	5
Northwest Institute of Medical Tech.	8
Norwich Pharmacal Company	59
Nursecraft, Inc.	84
Numotizine, Inc.	62
Pacquins, Inc.	12
Petrolgular Laboratories	96
Pineoleum Company	76
Procter & Gamble Company	Back cover
Professional Printing	48
Purdue Frederick Company	71
Resinol Chemical Company	92
Reynolds Tobacco Co., R. J.	9
Sarnay Products, Inc.	46
Sayman Products Co., T. M.	52
Schoonmaker Laboratories, Inc.	11
Seck & Kade, Inc.	53
Sharp & Dohme, Inc.	77
S.M.A. Corporation	79
Takamine Laboratory, Inc.	86
Vapo-Cresolene Company	68
Union Carbide and Carbon Company	6
Warner Bros. Co.	92
White Rock Uniform Co.	47
Wyeth & Brother, Inc., John	81

## Before It's Too Late

Get yourself settled where you WANT to be for the duration. Instead of worrying about a long winter in a cold house, nothing new to see or do—

### Come to

The warm and sunny SOUTHWEST where you'll find: New people, fine professional opportunities at good salaries, an excitingly different country to investigate. These and other positions await you:

**GENERAL DUTY**—(a) Two for 125-bed tuberculosis hospital, scenic California foothills; excellent food; out-of-door sports; \$105, maintenance. (b) For 75-bed private general hospital, California seaside resort; \$150; straight 8-hour duty. (c) Several; large county hospital, northeast of Los Angeles; \$130, meals; straight 8-hour duty. (d) Clinic nurse; busy group; New Mexico; \$140. (e) Two for 100-bed county hospital near Sacramento; \$110, maintenance. All hospital positions provide holidays, vacations and sick leave. W65.

**OBSTETRICS**—(a) Obstetrical supervisor; 300-bed coast hospital, Southern California; \$160. (b) Delivery room nurse; 100-bed San Francisco hospital; \$110, full maintenance. (c) New Catholic hospital, near ocean and Los Angeles, needs experienced delivery room nurse; \$140. W66.

**SURGERY**—(a) Surgery supervisor; 50-bed private hospital, Southern California; \$175. (b) Several scrub nurses for one of California's outstanding private hospitals; attend nearby university if desired; \$155 (c) Scrub nurse; small Arizona hospital near defense area and dam construction; \$105, full maintenance. W67.

**SUPERVISORS**—(a) Surgery and clinic supervisor; 65-bed county hospital, inland California; \$120, maintenance. (b) Night supervisor for 100-bed Catholic hospital northeast of Los Angeles; excellent salary. (c) Medical-surgical supervisor; 100-bed private hospital, San Francisco area; \$155. (d) Chief nurse and surgery supervisor combined; small private hospital, inland California; \$150, maintenance. W68.

**ANESTHETISTS**—(a) Dental anesthetist; Arizona; \$150. (b) For large and approved Southern California hospital; \$175. (c) For 100-bed Catholic hospital, inland California; \$170. W64.

## Business and Medical Registry

(Agency) Elsie Miller, Director  
609 South Grand Avenue, Los Angeles, Calif.

DO YOU KNOW THE  
**5**  
*different types*  
OF  
**PETROGALAR\***  
WHICH YOUR PHYSICIANS MAY PRESCRIBE?



**PETROGALAR-PLAIN (Blue Label)** For general treatment of constipation as an adjunct to a rational regimen of habit time diet and exercise.



**PETROGALAR WITH PHENOLPHTHALEIN (Red Label)** For obstinate cases of constipation. Contains two thirds of a grain of phenolphthalein to the tablespoonful.



**PETROGALAR WITH MILK OF MAGNESIA (Green Label)** For constipation accompanied by hyperacidity. Slightly more active than Petrogalar-Plain. Contains 8% milk of magnesia.



**PETROGALAR-UNSWEETENED (Brown Label)** For those who prefer unsweetened Petrogalar or for the patient with diabetic tendencies. Contains no sugar or assimilable carbohydrates.



**PETROGALAR WITH CASCARA (Orange Label)** Recommended whenever the use of fluid-extract cascara sagrada is indicated — exceptionally pleasant to take. Not bitter. Each tablespoonful contains the physiological equivalent of 2 cc. fluid-extract cascara sagrada U.S.P.



Send for your free  
Copy of "HABIT TIME"

**PETROGALAR** \*Reg. U. S. Pat. Off. Petrogalar is an aqueous suspension of pure mineral oil each 100 cc. of which contains 65 cc. pure mineral oil suspended in an aqueous jelly containing agar and acacia.

Petrogalar Laboratories, Inc. • 8134 McCormick Boulevard • Chicago, Ill

# *A Decade of Progress in Hemorrhoidal Therapy*

**STOPS HEMORRHOIDAL PAINS WITHIN 5 MINUTES**



The medical profession during the past ten years has prescribed RECTAL MEDICONE with ever-increasing confidence and approval. Clinical experience in many hundred thousand cases proves that RECTAL MEDICONE stops hemorrhoidal pain within 5 minutes.

Its action is not limited to palliation alone. The prolonged anal anesthesia induced by the suppository breaks the vicious circle of intense pain and inflammatory reaction, so that—under regulation of the patient's mode of life—bleeding ceases and engorged veins retrogress. A state of quiescence which favors healing frequently ensues.

The wide and constantly growing employment of RECTAL MEDICONE attests most eloquently to the foremost place which it has attained in its field.

**MEDICONE COMPANY**

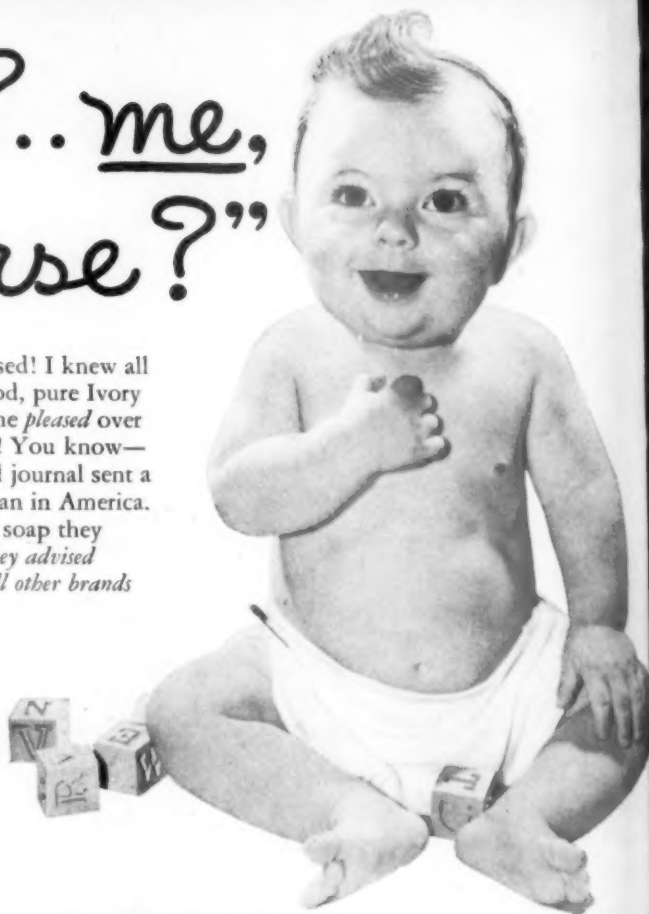
**225 VARICK STREET, NEW YORK**

**RECTAL-MEDICONE**

*Professional Samples sent on Request*

# "Who?... me, Nurse?"

**NOT ME!** I wasn't a bit surprised! I knew all along that doctors liked my good, pure Ivory Soap! But I admit I was doggone *pleased* over the results of that recent survey! You know—the one where a leading medical journal sent a letter to every registered physician in America. They were asked what brand of soap they advise. *And—more doctors said they advised Ivory for babies and adults than all other brands of soap together!*



## Castiles? Take 'em away!

Imported castiles are too "changeable" to suit *me*! You just can't depend on 'em ALL the time. For instance, examinations of 44 imported castiles revealed that 42 showed definite traces of rancidity. But you can *always* depend on my Ivory. And of course there's never any dye, medication or strong perfume that might be irritating in *my* wonderful Ivory!

## Here's what I mean!

Here's the soap that's ALWAYS the same—always pure, always mild! Golly, they made skin tests galore, hundreds of them—all conducted with a technique approved by leading dermatologists. And ALL definitely proved Ivory's superior mildness—mildness superior to that of 10 leading toilet soaps! Guess that's why *you* and *I* both like Ivory, isn't it, Nurse? . . . 99 44/100 % pure . . . It floats.



# Velvet-suds Ivory